Toronto metro

WEDNESDAY, MARCH 2, 2016

KIA

MADE FOR [PEOPLE LIKE YOU]

SALES EVENT

SO MANY HAVE ALREADY FOUND THEIR MATCH

UP TO **0%** FINANCING + **$4,000** IN DISCOUNTS[◆]

ON SELECT MODELS

OFFER ENDS MARCH 31

5-Star Safety Ratings
More Stars. Safer Cars.

2016 **FORTE** SEDAN LX MT

WELL-EQUIPPED FROM **$12,574**[•] | INCLUDES **$5,000**[•] IN CASH DISCOUNTS

INCLUDES $500 COMPETITIVE BONUS[••]

AVAILABLE FEATURES: HEATED FRONT & REAR SEATS
REARVIEW CAMERA

Forte SX AT shown[‡]

AJAC
www.ajac.ca
AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA
BEST NEW SUV
($35,000 – $60,000)

2015 SORENTO
"HIGHEST RANKED MIDSIZE SUV IN INITIAL QUALITY IN THE U.S." BY J.D. POWER

"My sister and niece love my Sorento so much they both bought one as well."

*-**Mary R.**, Edmonton AB, Real Kia Owner*

Sorento SX Turbo AWD shown[‡]

2016 **SORENTO** 2.4L LX FWD

LEASE FROM **$133** BI-WEEKLY[^] | $1,950 DOWN AT **1.9%** APR FOR 60 MONTHS[^]

INCLUDES $500 IN DISCOUNTS[^]

STANDARD FEATURES:
HEATED FRONT SEATS
BLUETOOTH® CONNECTIVITY

AVAILABLE
ALL-WHEEL DRIVE

"Every time I walk up to the car I simply just smile."

*-**Kevin T.**, Bedford NS, Real Kia Owner*

Soul SX Luxury shown[‡]

2016 **SOUL** LX MT

LEASE FROM **$78** BI-WEEKLY[^] | $850 DOWN AT **0.9%** APR FOR 60 MONTHS[^]

AVAILABLE FEATURES: HEATED FRONT SEATS
PANORAMIC SUNROOF

2015 SOUL
"HIGHEST RANKED COMPACT MULTI-PURPOSE VEHICLE IN INITIAL QUALITY IN THE U.S." BY J.D. POWER

5 **WE'VE GOT YOU COVERED**
*5-year/100,000 km worry-free comprehensive warranty.

Go to **kia.ca/peoplelikeyou** to hear more owners' stories.

KIA
The Power to Surprise

Offer(s) available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from March 1 to 31, 2016. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing and payments include delivery and destination fees up to $1,725, $5 OMVIC fee, $29 tire fee, and $100 A/C charge (where applicable). Excludes other taxes, licensing, PPSA, registration, insurance, variable dealer administration fees, fuel-fill charges up to $100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. [◆]0% financing for up to 60 months plus up to $4,000 discount available on select 2015/2016 models. Discount is deducted from the negotiated purchase/lease price before taxes. Maximum $4,000 (including $500 competitive bonus[••]) discount is offered on a new 2016 Forte Sedan LX MT (F054IG) only. Certain conditions apply. See your dealer for complete details. **Representative Financing Example:** Financing offer available on approved credit (OAC), on a new 2016 Forte Sedan LX MT (F054IG) with a selling price of $17,574 is based on monthly payments of $226 for 60 months at 0% with a $0 down payment and first monthly payment due at finance inception. Offer also includes $4,000 discount (loan credit and $500 Competitive Bonus[••]). Other taxes, registration, insurance and licensing fees are excluded. **[•]Cash Purchase Price** for the new 2016 Forte Sedan LX MT (F074IG) is $12,574 and includes a cash discount of $5,000 (including $500 competitive bonus[••]). Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. [••]$500 Competitive Bonus offer available on the retail purchase/lease of any new 2016 Forte, 2016 Sorento, 2016 Sportage, 2016 Optima and 2016 Optima Hybrid from participating dealers between March 1 to 31, 2016 upon proof of current ownership/lease of a select competitive vehicle. Competitive models include specific VW, Toyota, Nissan, Mazda, Mitsubishi, Hyundai, Honda, GM, Ford, Jeep, Pontiac, Suzuki, Saturn, Chrysler, Chevrolet, Subaru, BMW, Mercedes-Benz, Lexus, Land Rover, Infiniti, Acura, Audi, Lincoln, Volvo and Buick vehicles. Some conditions apply. See your dealer or kia.ca for complete details. [^]**Representative Leasing Example:** Lease offer available on approved credit (OAC), on the 2016 Sorento LX 2.4L FWD (SR75AG)/2016 Soul LX MT (S055IG) with a selling price of $29,354/$18,954 (includes $500/$0 lease credit discount) is based on a total number of 130 bi-weekly payments of $133/$78 for 60 months at 1.9%/0.9%, with $0 security deposit, $1,950/$850 down payment and first monthly payment due at lease inception. Total lease obligation $17,282/$10,186 with the option to purchase at the end of the term for $11,495/$8,514. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). [‡]Model shown Manufacturer Suggested Retail Price for 2016 Sorento SX Turbo AWD (SR75IG)/2016 Forte SX AT (F074BG)/2016 Soul SX Luxury (S075BG) is $42,095/$26,695/$27,495. The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. The Kia Soul/Sorento received the lowest number of problems per 100 vehicles among compact multi-purpose vehicles/midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study℠. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.

Instantly BETTER

An easy way to fancy up your ramen metroLIFE

Tonight's jackpot
$5,000,000 estimated
plus the guaranteed
$1 million prize
LOTTO 649
welcome to cloud 649

Toronto metro

What's the skinny on 'skinny TV'? metroNEWS

Your essential daily news | WEDNESDAY, MARCH 2, 2016

High -5°C/Low -14°C Flurries likely

CONTROVERSY

Police putting brakes on crossing guards

Inside the debate metroNEWS

T.O.'s most lucrative land deal in the works

metro EXCLUSIVE

Sale of 11-acre LCBO property expected by spring

Luke Simcoe
Metro | Toronto

What's expected to be one of the most lucrative land deals in Toronto's history is a step closer to fruition.

But just how lucrative it will be depends on everything from public transit plans to the future of the Redpath sugar factory.

The provincial government expects to finalize the sale of 11 acres of LCBO-owned land along Queen's Quay by spring, according to a line in last week's provincial budget. The waterfront site includes the agency's headquarters, a large warehouse and a liquor store. Revenue from the sale is expected to fund infrastructure projects across the province.

"It's a site with a ton of potential. It's a very large site right along the waterfront — there's not many left like it," said University of Toronto planning professor Matti Siemiatycki. "We're talking about a huge amount of value."

The province is keeping mum about prospective buyers or the price tag. But back in 2012, the previous Liberal government claimed the sale would generate "well over $200 million."

The land will almost certainly be sold for residential development, which brings the highest return on investment, Siemiatycki said. Whatever is built there will have to conform to Waterfront Toronto's official plan for the area, said organization spokesman Andrew Hilton.

"Our goal is to create complete communities," Hilton said, noting the plan for the area — which is still being finalized — includes stipulations on height and density along with requirements for affordable housing and community assets like parks.

The LCBO lot on Queen's Quay.
LIZ BEDDALL/METRO

That's great from a city-building perspective, Siemiatycki said, but restricting what can be done on the land could impact its value on the market.

Another factor is its location directly across from the sugar factory. The refinery has been located on the waterfront since 1958 and Redpath has said it plans to stay.

"There are ships that dock there, there are trucks that come in and out and there are also issues with odour and noise," said Siemiatycki. "It could definitely have an impact on what's possible on the site."

The government would be wise to finalize plans for a possible waterfront LRT before making the sale, he added.

"Developers are banking on that and the potential for the value of those properties is dependent on them being accessible by transit," he said. "We can hope that government at all levels will try to maximize the value of that uplift."

KEYS TO THE QUAY

The province bought the plots with the LCBO office, retail store and warehouse between 1947 and 1950 for a combined $493,910. The adjacent park was bought in 1967 for $3 million.

Do more and make more with Canada's #1 provider.

Real results require speed, reliability and security. When you choose a Bell business bundle you get blazing-fast Fibe Internet, the most reliable phone service[1] and the power of our better network. Start your business out right with the Internet and phone service provider more Canadians rely on[2] to do more and make more each day.

FROM $91.68/MO.
For new customers on a 3-year term

- ✓ Business Fibe Internet[3]
- ✓ Unlimited Internet usage and Wi-Fi modem
- ✓ Online security protection[4]
- ✓ Fully loaded Business phone line[5]
- ✓ North American long distance[6]

Call 1-877-341-4549 or visit bell.ca/businessbundle.

Bell doing business just got better

Offer ends March 31, 2016. Available to new customers in Ontario where access and technology permit and where Business phone service is not CRTC regulated. Subject to change without notice and cannot be combined with any other offer. Installation fees of $125 for Internet and $80 for phone apply. Unlimited usage is subject to the Business Terms of Service; see bell.ca/businessternsofservice. Taxes extra. Other conditions apply. Fibe is a trademark of Bell Canada. (1) Applies to traditional copper-based (excluding fibre-based) wireline telephony; compared to cable telephony and based on continued service during extended power outages at a customer's business. (2) Based on total number of subscribers to Phone, Internet and TV services. (3) Subject to a 3-yr. term. Early cancellation charges apply. Wi-Fi modem rental included. Available with Internet download speeds of up to 10 Mbps and upload speeds of up to 1 Mbps. Speeds and signal strength may vary with your configuration, Internet traffic, server, environmental conditions or other factors; see bell.ca/businessinternet. (4) Includes 3 Internet protect licences. Subject to technical requirements; see bell.ca/Internetprotect. (5) Includes: 1. Call Display, 2. Call Forwarding, 3. Call Waiting, 4. Speed Call, 5. Last Number Redial, 6. Per Call Blocking, 7. Hold, 8. Call Transfer, 9. 3-way Calling, 10. Voicemail. (6) Includes 1,200 minutes. Applies to direct-dialled outbound calls to Canada and the continental U.S., including Alaska and Hawaii; excludes toll-free calls ($0.06/additional min.). Calls to certain conference or adult services or to high-cost areas may be restricted.

metro NEWS

Your essential daily news

Rolling Stones to play free concert in Havana, becoming biggest act to play Cuba since revolution.

This is one of the visions for transforming the area under the Gardiner. COURTESY WATERFRONT TORONTO

GET INVOLVED

Campaign asks public for green space name

Gilbert Ngabo
Metro | Toronto

Torontonians can have their stake in transforming what's under the Gardiner.

Waterfront Toronto, which is spearheading a $25-million overhaul of land beneath the expressway, is launching a four-month campaign asking the public to help name the project.

Currently called Project: Under Gardiner, the effort will turn a 1.75-kilometre stretch from Strachan to Spadina into green space featuring a range of culture and recreation. The project looks to add walking trails, skating facilities, gardens and markets to the area extending across the Fort York National Historic Site.

"It's another way of getting people engaged in this project that's going to serve them in so many ways," said Andrew Hilton, spokesman for Waterfront Toronto.

"We really want the public to be involved in consultative process on the design, usage and programming of this space."

The first phase of the Reclaim the Name campaign involves a call to submit ideas. During March, organizers will have pop-up meetings, outreach to schools and have brainstorming parties during which people can make suggestions.

In April, a jury will sit down and select three to five top picks for names. Those selections will then be put to a public vote with the winner presented to City Council for approval by June.

Construction work for the first phase of the project is expected to start in July 2017.

AT A GLANCE

Project: Under Gardiner was made possible by a donation from philanthropists Wil and Judy Mathews. Details about the naming campaign are at undergardiner.com/name.

Good to go for... $1.052B

EXPRESSWAY

Another step forward for expressway; next it's council

Toronto's public works committee is recommending that council support a plan to push the eastern section of the Gardiner Expressway farther north, despite a $1.052-billion price tag that's double the teardown option council rejected.

"This is great news for the city," Councillor Jaye Robinson, chair of the public works and infrastructure committee, said prior to Tuesday's unanimous vote.

"It's great for the waterfront revitalization, from an urban design standpoint," she said, adding it's also great for transportation and the environment.

Last June, council voted 24-21 in favour of Mayor John Tory's "hybrid" option to remove only the elevated portion east of the Don River.

Opponents wanted the entire aging section east of Jarvis St. torn down and replaced with a ground-level boulevard estimated to cost $461 million.

Critics accused Tory and other hybrid supporters of pandering to a small number of drivers who would be inconvenienced by a few extra minutes in their commute.

After his narrow victory, Tory pushed for a design that would go some way toward appeasing anti-hybrid councillors.

In January, city and Waterfront Toronto staff released three hybrid configurations, but ended up endorsing the so-called Hybrid 3 option, which removes the Logan St. on- and off-ramps and adds two ramps in the Keating precinct.

Robinson said that while this option is the most expensive, "the value that we get from taking this approach I think is really something we have to consider deeply as we make this decision today."

Former Toronto chief city planner Paul Bedford supported tearing down the entire eastern section of the Gardiner.

Nevertheless, he told the committee Tuesday he endorses this Hybrid 3 option because it achieves "multiple benefits."

"This will give you the biggest bang for the buck. It's more expensive to do in the first place ... but the returns are phenomenal." Bedford said the design opens up space, creating a long-term revenue stream of money that could include road toll revenue.

The estimated construction will take five years. Work is expected to start in 2019.

Despite supporting the teardown option, the West Don Lands Committee can also live with the Hybrid 3 option because it meets five environmental assessment goals, said John Wilson, committee co-chair.

TORSTAR NEWS SERVICE

HAVE IT ALL.

Get LASIK today,
take 5 years to pay.†

LASIK MD VISION

Starting at $490/eye*

Book a free consultation
at 1-855-301-2020 or lasikmd.com

†Subject to credit approval. Interest financing starting at 8.9% over 60 months.
*Standard LASIK starting at $490 per eye and Custom LASIK starting at $1,790 per eye. Applicable to surgery on both eyes only. Other conditions may apply.

Accessibility of HIV drug within reach

HEALTH

Meds benefit those at risk of contracting the virus

Jessica Smith Cross
Metro | Toronto

A drug that can stop the transmission of HIV is getting within reach for Torontonians who can't afford its steep price.

Health Canada approved the use of Truvada on Monday as a prevention tool commonly called PrEP, giving people who can't afford its $830 a month cost hope that they might be able to take it someday soon.

Until now, people using the drug for prevention have mostly been part of a "lucky minority" with "good, private drug insurance coverage," said Dr. Darrell Tan, an infectious diseases specialist at St. Michael's Hospital.

Dr. Darrell Tan, who works at St. Michael's Hospital, says the price of HIV prevention medication is prohibitively high for many patients who need it. TORSTAR NEWS SERVICE FILE

"That leaves people with the option of going without or purchasing it out of pocket — which is exorbitantly, prohibitively expensive for the vast majority of individuals," he said.

Truvada was approved in Canada a decade ago as a management tool for people who already have HIV. Monday's decision takes that approval further, extending it to include use by HIV negative people who are looking to stay negative.

A limited number of doctors, including Tan, were already prescribing a generic version of the antiretroviral medication to people at an elevated risk of contracting HIV, usually men who have sex with multiple male partners.

$830

Monthly cost of PrEP, about as much as rent for some people.

According to the Canadian Life and Health Insurance Association, most private insurance plans will cover PrEP, since they generally cover drugs that have Health Canada's approval. But, the specifics will depend on the details of each person's plan — and some still won't cover it.

With Health Canada on board, the drug maker can now petition to have Truvada, taken as PrEP, included in Ontario Drug Benefit formulary so the government will cover its cost, said Tan.

"Of course, there are no guarantees," he said. "And ideally this would have been done yesterday — or years ago."

CRIME

Man dies following Junction shooting

A 29-year-old man has died from his injuries after he was shot in the face in the Junction on Monday evening.

Toronto police and paramedics were called to Keele and Annette streets., just south of Dundas St. W., at 7:07 p.m. Monday.

Officers found a man with gunshot wounds.

Paramedics rushed the victim, who they said was conscious and breathing at the time, to a trauma centre. But police said he died in hospital Monday night.

No suspects have been identified. The victim's name is not being released pending notification of next of kin.

Separately, police in Guelph said a person was in hospital in life-threatening condition following a shooting.

Police said officers responded late Tuesday afternoon to a report that a person had been shot at a hotel, and an injured person was found in the hotel parking lot.

They were searching for a suspect or suspects but did not believe there was any risk to public safety.

TORSTAR NEWS SERVICE, WITH FILES FROM THE CANADIAN PRESS

Three charged in underage sex case

Police say three Toronto men have been charged in an investigation involving people allegedly obtaining sexual services from an underage sex trade worker.

Police allege several men responded to an ad offering sex with a girl under the age of 18.

Investigators say the men made arrangements to meet the girl at a hotel in Toronto.

The three men, aged between 27 and 33, are each charged with one count of obtaining sexual services for consideration from a person under the age of 18. THE CANADIAN PRESS

LEASE THE **2016**
F-150 XLT SUPERCREW 4X4 5.0L

$199	0.99%	36	$2,595
EVERY 2 WEEKS	APR†	MONTHS	DOWN

- MILITARY GRADE ALUMINUM ALLOY BODY AND BED‡
- BEST-IN-CLASS PAYLOAD*

★★★★★ 5-STAR^ OVERALL VEHICLE SCORE FOR SAFETY

ELIGIBLE **COSTCO MEMBERS** RECEIVE AN ADDITIONAL **$1,000** TOWARDS MOST NEW F-SERIES** COSTCO

BUILT FORD TOUGH

FOR **UNDISPUTED VALUE**, VISIT **torontoforddealers.ca** OR DROP BY YOUR TORONTO FORD STORE TODAY.

GET THE ESCAPE MOST SHOPPERS BUY.
THE ONE WITH ALL OF THIS:

- 1.6L EcoBoost® Engine
- 178 Horsepower
- Air Conditioning
- Keyless Entry
- Roof-Rack Side Rails
- Rear View Camera†
- 17" Aluminum Wheels
- SYNC® 3 Enhanced Voice Recognition†

LEASE THE **2016**
ESCAPE SE 4WD

$145	0.99%	60	$1,495
EVERY 2 WEEKS	APR†	MONTHS	DOWN

OFFER INCLUDES $1,790 IN FREIGHT AND AIR TAX

ELIGIBLE COSTCO MEMBERS RECEIVE **$1,000** TOWARDS MOST NEW 2015/16 VEHICLES** COSTCO

*IT'S **EASY** TO GET INTO A **FORD*** Shop now at **findyourford.ca** or drop by your Toronto **Ford Store.**

Ford
Go Further

Our advertised prices include Freight, Air Tax, and PPSA (if financed or leased). Add dealer administration and registration fees of up to $799, fuel fill charge of up to $120 and applicable taxes, then drive away.

Oh hey, you're looking for the legal, right? Take a look, here it is: Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). †Until February 29, 2016, lease a new 2016 F-150 Crew 4x4 XLT V8 300A/2016 Escape SE 4WD 201A for up to 36/60 months and get 0.99% APR on approved credit (OAC) from Ford Credit Canada Limited. Not all buyers will qualify for the lowest APR payment. Lease 2016 F-150 Crew 4x4 XLT V8 300A /2016 Escape SE 4WD 201A with a value of $37,929 /$29,279 (after $2,595/$1,495 down payment or equivalent trade in and Manufacturer Rebates of $3750/$500 deducted and including freight and air tax charges of $1,800/$1,790) at 0.99% APR for up to 36/60 months with an optional buyout of $23,348/$11,552, monthly payment is $430/$313 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $199/$145), total lease obligation is $18,075/$20,275 interest cost of leasing is $870/$1,007 or 0.99% APR. Taxes payable on full amount of purchase price after Manufacturer Rebates have been deducted. Offers include freight, air tax, and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. Additional payments required for optional features, license, and insurance. All prices are based on Manufacturer's Suggested Retail Price. Some conditions and mileage restriction of 80,000km for 60 months applies. Excess kilometrage charges are 12¢per km, plus applicable taxes. Excess kilometrage charges subject to change (except in Quebec), see your local dealer for details. ‡Driver-assist features are supplemental and do not replace the driver's attention, judgment and need to control the vehicle. ^Available feature; availability varies by model. Some mobile phones and some digital media players may not be fully compatible. Driving while distracted can result in loss of vehicle control. Only use SYNC systems/other devices, even with voice commands, when it is safe to do so. SYNC voice recognition and screens available in English, French and Spanish. Some features may be locked out while the vehicle is in motion gear. Optional Navigation system map updates cannot be received via Wi-Fi and requires a separate update. Data rates may apply. ¤ When properly equipped. Max. payloads of 3,240 lbs/3,270 lbs with 3.5L V6 EcoBoost 4x2 / 5.0L Ti-VCT V8 engines. Class is Full-Size Pickups under 8,500 lbs. GVWR based on Ford segmentation. ΦClass is Full-Size Pickups under 8,500 lbs. GVWR ^Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). *F-Series is the best-selling line of pickup trucks in Canada for 50 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales report up to 2015 year end. ** Offer only valid from March 1, 2016 to April 30, 2016 (the "Offer Period") to resident Canadians with an eligible Costco membership on or before February 29, 2016. Receive $1,000 towards the purchase or lease of a new and available 2015/2016 Ford models (excluding Fiesta, Focus, C-MAX, 50th Anniversary Edition Mustang, Shelby® GT350 Mustang, Shelby® GT350R Mustang, F-150 Regular Cab XL 4x2 and Medium Truck, all 2015 "final settled" models) (each an "Eligible Vehicle"). Limit one (1) offer per each Eligible Vehicle purchase or lease, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. Applicable taxes calculated before CAD$1,000 offer is deducted. ® Registered trademark of Price Costco International, Inc. used under license. ©2016 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2016 Ford Motor Company of Canada, Limited. All rights reserved.

SiriusXM
Available in most new Ford vehicles with 6-month pre-paid subscription.

Working at cross purposes

PUBLIC SAFETY

Councillor's requests for more guards usually denied

Luke Simcoe
Metro | Toronto

A city committee wants to review how and where crossing guards are stationed. LIZ BEDDALL/METRO

Coun. Paul Ainslie is tired of the police holding up a stop sign whenever he asks for a new crossing guard.

"The biggest complaint I get from constituents is speeding in school zones," the Ward 43 councillor said. "But when I ask to get a crossing guard, nine times out of 10, I get turned down."

He's not alone. Const. Clinton Stibbe said the police receive an average of 75 to 100 requests for new school crossing guards every year, but only 10 to 15 per cent are approved.

"While it could be argued that no effort would be too great, nor could resources be better spent, the Toronto Police Service is governed by the reality of competing demands and the ability to pay for services," the police policy on crossing guards says.

The same document says police will have a public meeting to discuss the results of crossing guard assessments should the community disagree with a decision.

That's news to Ainslie.

"I can't tell you how many times I've been turned down, and I've never had the police come and have a community meeting to explain why they turned us down," he said.

Council's public works committee approved Ainslie's motion Tuesday asking for a review of the crossing guard assessment procedure.

"I don't expect one in front of every school and intersection, but I think we need a more balanced approach," he said. "People want their children to be getting to and from school safely."

Linda Rothman is a post-doctoral fellow at York University and a researcher with SickKids. She's studied the impact of crossing guards on Toronto streets and says there's insufficient evidence to show they reduce the incidence of collisions.

However, she said, crossing guards do lead to less dangerous driving near schools.

"You put a guard in and drivers start behaving themselves more," she said. "You see fewer people blocking crossings and fewer people texting in their vehicles."

DECISIONS

How are crossing guard locations determined?
According to police, crossing guard requests undergo a detailed evaluation that looks at accident data from the past two years and considers things like traffic and pedestrian volumes, visibility and signage.

POLICE

Forensics led to The Vaulter

Forensic evidence at the scene of a Mississauga bank heist in May of last year led to the capture and extradition of Jeffrey James Shuman, whom authorities describe as Canada's most notorious bank robber.

In a news conference on Tuesday, York Regional Police explained how they traced Shuman, 53, accused of robbing 17 GTA banks between 2010 and 2015, to Geneva, Switzerland. That's where they nabbed him with the help of European police agencies.

Shuman was nicknamed "The Vaulter" because he is alleged to have jumped over bank counters to take cash from the tellers.

He is suspected of committing 21 bank robberies across Canada, police said.

"In the latter robbery occurrences 'The Vaulter' changed his style to more significant takeover-style robberies," said Det. Sgt. Michael Fleischaker.

Shuman is to appear in the Ontario Court of Justice in Newmarket on March 11.

TORSTAR NEWS SERVICE

Patient Saly Samadi waits while nurse practitioner Ghazala Hussain speaks with her parents. CARLOS OSORIO/TORSTAR NEWS SERVICE

Makeshift clinics vital for refugees

HEALTH

Hotels home to government-funded setups

Little Saly Samadi is in obvious pain as she shyly waits with other Syrian refugees for her turn at this makeshift medical clinic. "She has not been eating well," says the 5-year-old's anxious mother, Majida Khalil, who arrived in Toronto in late January after three years in Jordan. Her daughter's gums are swollen and inflamed.

Sitting on the examination bed, Saly puts her hands in her lap and bravely opens her mouth for nurse practitioner Ghazala Hussain to begin her inspection.

Hussain arranges a dental appointment for the little girl with Toronto Public Health before tending to the next patient at this clinic tucked away at the Toronto Plaza Hotel, the temporary home to some 600 government-sponsored Syrian refugees.

Since the clinic — a collaborative effort among Toronto Public Health, community health clinics and local hospitals — was launched a month ago, doctors and nurses have been seeing as many as 25 patients a day, more than 60 per cent of them young children. Similar clinics are set up at the Radisson, Studio 6 and Super 8 motels, where other government-assisted Syrian refugees are housed.

While colds, coughs, rashes and allergies are the most common health issues among kids, prenatal care is another area of high need, as many of the arriving women are pregnant and receiving care for the first time.

"This is like a small village. What we are seeing here is no different from the general population," says Dr. Cliff Ledwos, director of primary health care at Access Alliance, which co-ordinates the administration of the onsite clinic for the refugees, among some 25,000 who have already arrived in Canada.

> **This is like a small village. What we are seeing here is no different from the general population.**
> Dr. Cliff Ledwos

According to Hussain, the clinic has referred about a dozen cases to hospital emergency rooms so far, including two infants with pneumonia as well as babies suffering from dehydration and seizures.

Contrary to fears that many of the refugees would be struggling with mental illness related to the trauma of war, Hussain says that has not been the case — with the exception of a toddler who has stopped talking since he witnessed the killing of a family member in Syria. Through the clinic, newcomers are also connected with health care providers in the community to which they will move after their stay at the hotel. TORSTAR NEWS SERVICE

HUMAN RIGHTS

Mississauga team names under fire

A Mississauga man has launched a human rights complaint against the City of Mississauga over what he calls their support for sports teams with names and logos he says are offensive to indigenous people.

Ontario's Human Rights Commission has even intervened in the case before the Ontario Human Rights Tribunal, stating that its initial reaction is that such team names are indeed discriminatory to Brad Gallant and that the "use and display of the team names and/or logos" of the five local teams in question "are insensitive to the ancestry of indigenous people and constitute discrimination under the code."

Gallant, of Qalipu Mi'kmaq ancestry, is asking that mascots and banners be removed from city property — namely, hockey rinks — and for the city to end its "subsidy" of the teams, in the form of discounted ice time, and to instead spend the money on anti-discriminatory education programs. He is not seeking any financial compensation for himself.

The teams he cites are the Mississauga Braves, Mississauga Chiefs, Lorne Park Ojibwa, Meadowvale Mohawks and Mississauga Reps (which uses a Blackhawks-style caricature). TORSTAR NEWS SERVICE

IN BRIEF

Union and city talks stall

Despite both sides saying they are willing to keep talking, the city and the union representing inside workers have yet to come back to the table.

After CUPE Local 79 president Tim Maguire said he was "hopeful" Monday that talks would resume, Mayor John Tory's office said Tuesday the city was still waiting to hear from them. TORSTAR NEWS SERVICE

My knowledge and talents
make a difference in people's homes.

Being part of our team means tapping into your inner potential each day to help customers achieve their home improvement goals. It's a commitment that drives us to ensure a positive and productive experience for everyone who comes through our doors. And as we build on our success in serving our communities, we look for talented professionals who share our passion.

The Home Depot, the world's largest home improvement retailer,is currently hiring quick learners with a strong customer service focus to work in our stores across Canada. Many positions are available, including:

Cashiers • Lot Associates • Sales Associates

Join us on the following date at the locations listed, and learn to unleash your inner orange.

Wednesday, March 9, 4pm - 8pm

DUFFERIN HOME DEPOT
2375 Steeles Avenue West
Toronto, ON M3J 3N2

GERRARD SQUARE HOME DEPOT
1000 Gerrard Street East
Toronto, ON M4M 3G6

EGLINTON EAST HOME DEPOT
2911 Eglinton Avenue East,
Toronto, ON M1J 2E5

YORKDALE HOME DEPOT
90 Billy Bishop Way
Toronto, ON M3K 2C8

CALEDONIA HOME DEPOT
825 Caledonia Road
Toronto, ON M6B 3X8

SCARBOROUGH HOME DEPOT
428 Ellesmere Road
Scarborough, ON M1R 4E6

CURITY HOME DEPOT
7 Curity Avenue
Toronto, ON M4B 3L8

STOCKYARDS HOME DEPOT
2121 St. Clair Avenue West
Toronto, ON M6N 5A8

LEASIDE HOME DEPOT
101 Wicksteed Avenue
Toronto, ON M4G 4H9

ETOBICOKE SOUTH HOME DEPOT
193 North Queen Street
Etobicoke, ON M9C 4Y1

If helping people comes to you as naturally as smiling, then our customer-facing career opportunities may be a perfect fit for you. To expedite the application process, please bring your application, confirmation # (ends in BR) and 2 pieces of government ID (one with a picture).

Apply online at **homedepotjobs.ca/5914**

THE HOME DEPOT

2015 CANADA'S GREENEST EMPLOYERS
2015 CANADA'S BEST DIVERSITY EMPLOYERS

We are committed to diversity as an equal opportunity employer.

METRO EXPLAINS

The student aid shakeup

The Ontario government announced sweeping changes to student aid in its 2016 budget, promising 'free tuition' for low-income students. Is it really free? Yes, for many. Here's how it's going to work.

Jessica Smith Cross
Metro | Toronto

When it starts
The changes begin in March 2017, when post-secondary students apply to the Ontario Student Assistance Program (OSAP) for the 2017-18 school year.

When you find out
Students will be told how much aid they are eligible to receive up front, before the term begins. Instead of getting handful of different provincial grants and a tax rebate as students do now, they'll get an Ontario Student Grant.

Other income
Students will still have access to OSAP loans and the provincial program will work with federal student aid, which is expected to be reformed.

What it's for
The Ontario government will pay students' tuition to their schools directly, but many students will get a higher grant than the cost of their tuition.

The extra money will go to the student before the school term begins, and is meant to go to pay for books, housing, transportation and technology.

Who will get it
Exactly who is eligible for how much grant money depends on several factors, primarily family income.

But there are exceptions: having more than one school-aged kid in the family will make a student eligible even if their income is higher, and having major savings — such as a large inheritance — can make a lower-income family ineligible.

By the numbers
Based on those criteria, the province estimates 90 per cent of college students and 70 per cent of university students from families with incomes under $50,000 will receive grants greater than the average cost of tuition, and 50 per cent of students from families with incomes of $83,000 or less will receive grants that will exceed average tuition.

If there's a difference
If low-income students apply to a program, such as engineering, with higher-than-average tuition, they will be eligible for the "student access guarantee."

It's provincial policy that requires post-secondary institutions to make up the difference between low-incomes students' grant money and the higher tuition.

When it will go up
The grant program will rise with inflation and increases to tuition.

How long it lasts
Students can receive the grant for up to four years, and it can pay for undergraduate or graduate tuition.

Students trudge their way from class to class on the University of Toronto campus. LIZ BEDDALL/METRO

Jimson Weed/White Flower No. 1, 1932, by Georgia O'Keeffe. CONTRIBUTED

ART

AGO to showcase O'Keeffe

The Art Gallery of Ontario filled another slot in its upcoming slate of blockbusters, announcing today it would be the only North America host for Georgia O'Keeffe, a major career retrospective of the revered American Modernist painter organized in conjunction with the Tate Modern in London.

The exhibition will open at the AGO in the summer of 2017. Exact dates are still pending. The show will run at the Tate Modern from July 6 to Oct. 30 of this year.

The exhibition, which will include more than 100 of O'Keeffe's paintings, will include works by members of her circle of Modern American painters, such as Marsden Hartley and John Marin. Also figuring largely in the exhibition is O'Keeffe's husband, the photographer Alfred Stieglitz, who produced several of the most famous O'Keeffe portraits and nudes.

TORSTAR NEWS SERVICE

Syrian refugee boys attend class at an education centre run by Relief International in the Zaatari Refugee Camp, near Mafraq, in Jordan in January 2016. THE ASSOCIATED PRESS

REFUGEE CRISIS

Aid dollars for Syria fall short

The dollars are still being counted, but the amount of money donated by Canadians for overseas Syrian relief efforts will likely fall well short of the maximum $100 million the government had promised to match.

Monday marked the final day for Canadians to give money for Syrian aid in order to ensure those dollars were matched by the federal government.

Upwards of $16 million in donations had been received by Monday by UNICEF, World Vision and the Red Cross, but several other groups taking part have not released their figures.

The program, launched by the Conservatives, was set to close at the end of 2015 but the Liberals extended the deadline to raise more money.

At the time the government announced the extension, about $12 million had been raised since the program launched last September.

Since January 2012, Canada has committed $653.5 million in humanitarian assistance in response to the Syria crisis.

Previously, the government had only used matching funds in response to natural disasters.

$100M

The maximum amount the government has promised to match for Syrian relief.

The Syrian fund was created by the Conservatives in response to a surge in Canadian demand to do more to help alleviate the massive humanitarian crisis caused by the nearly five-year old Syrian civil war.

Some estimates put the number of people killed in the war or forced the flee their homes at 11 million. Those who remain struggle for secure access to water, food and oftentimes shelter.

THE CANADIAN PRESS

ENVIRONMENT

Businesses look to go green

Prime Minister Justin Trudeau gave a boost Tuesday to a new cross-sectoral group of business leaders, labour, non-governmental organizations, government and academics who want to accelerate Canada's transition to a high-efficiency, low carbon economy.

Smart Prosperity officially launched in Vancouver with encouragement from Trudeau, whose Liberal government's climate agenda appears to dovetail with the economic transformation envisioned by the new market-oriented group.

Twenty-six individuals have signed on to the initiative, including an eclectic mix of top representatives from banks and insurance companies, aluminium smelters, the United Steel Workers union, a grocery chain, investment firms and the World Wildlife Federation.

Prime Minister Justin Trudeau speaks during the launch of Smart Prosperity on Tuesday. THE CANADIAN PRESS

They're looking to identify and promote policies that spur innovation, generate jobs and boost the economy while improving the environment and conserving Canada's natural heritage.

"I'm a big believer in government not playing the leadership role," Annette Verschuren, one of three Smart Prosperity co-chairs and the former president of Home Depot Canada, said in an interview before Tuesday's announcement.

"But government is critical to developing the right policy, the right triggers, the right environment. What's really more important is that private capital gets attracted to this industry — spurred on by policies that make sense for our country."

THE CANADIAN PRESS

Canada's food guide needs update: Report

NUTRITION

Standards now obsolete as waistlines keep expanding

Canada's Food Guide, which presents fruit juice as a healthy choice, is in need of an drastic overhaul to help combat the country's obesity crisis, a Senate committee warned Tuesday as it released findings of a study spanning more than a year.

The report paints a bleak picture of Canadians plagued with conditions linked to excess weight and takes direct aim at Health Canada's recommendations on juices most commonly served at breakfast tables.

"Canada's dated food guide is no longer effective in providing nutritional guidance to Canadians," the report said.

"Fruit juice, for instance, is presented as a health item, when it is little more than a soft drink without the bubbles."

The report, which pegs the cost of obesity at between $4.6-billion and $7.1-billion a year in health-care needs and lost productivity, also suggested the committee got an earful on the failings of the food guide.

"Several witnesses suggested that Canada's Food Guide has been at best ineffective," it said.

> **We can't sugarcoat it any longer. The obesity crisis is real.**
> Sen. Kelvin Ogilvie

An overhauled food guide should be based on the latest science and must make strong statements about restricting consumption of highly processed foods, the study added.

It is critical that the federal government act to address the obesity epidemic, committee chair Sen. Kelvin Ogilvie said Tuesday.

"We can't sugar-coat it any longer," he said. "The obesity crisis is real."

A significant reduction in sugar consumption would go a long way toward promoting normal body weight and improved health, he added.

The report also suggested the government should consider a ban on advertising food and drinks to children and a possible tax on sugar-sweetened beverages.

Not surprisingly, industry quickly shot back Tuesday after the report was released.

In a statement, the Canadian Beverage Association rejected the sweetened-beverage tax option and said the drinks make up a small portion of calories in Canadian diets.

THE CANADIAN PRESS

We are looking for POST-MENOPAUSAL FEMALES for an upcoming study

If you are a post menopausal female, 40 - 65 years of age, non - smoking and free of daily medications, you may be eligible.

Lambda Therapeutic Research Inc.
Participants are compensated for their time.
Compensation is up to $6,000
for completing the entire study
(disbursed throughout the study)

REFER A FRIEND AND YOU MAY RECEIVE $100

LAMBDA
Lambda Therapeutic Research

Study #781-15
One short session with several return visits

	Check-in	Exit
Group 1	April 22, 2016	April 24, 2016
Group 2	April 30, 2016	May 2, 2016
Group 3	May 6, 2016	May 8, 2016
Group 4	May 14, 2016	May 16, 2016

FOR MORE INFORMATION
416-752-3333 Toll Free: 1-866-207-3333 Mon-Fri: 9am-5pm
www.lambdacanada-cro.com www.todaysresearch.com
Location: 460 Comstock Road, Toronto, M1L 4S4

‘We did it’: Spacemen return

SPACE MISSION

Yank, Russian were away for a full 340 days

Astronaut Scott Kelly closed the door Tuesday to an unprecedented year in space for NASA, flying back to the planet and loved ones he left behind last March.

Kelly and his roommate for the past 340 days, Russian cosmonaut Mikhail Kornienko, were due to check out of the International Space Station Tuesday night.

By the time their capsule lands in Kazakhstan on Wednesday, the pair will have travelled 144 million miles through space, circled the world 5,440 times and experienced 10,880 orbital sunrises and sunsets.

Kelly photographed the first five sunrises of his waking day Tuesday, posting the pictures on Twitter, before quipping, “I gotta go!” His final tweet from orbit came hours later: “The journey isn’t over. Follow me as I rediscover #Earth!”

Piloting the Soyuz capsule home for Kelly, 52, and Kornienko, 55, will be the much fresher and decade younger cosmonaut Sergey Volkov, whose stint lasted the typical six months.

Kelly was the first one into the docked Soyuz capsule after a round of hugs and handshakes with the three crewmen staying behind. Kornienko reached out and patted the inside of the station before the hatches swung shut.

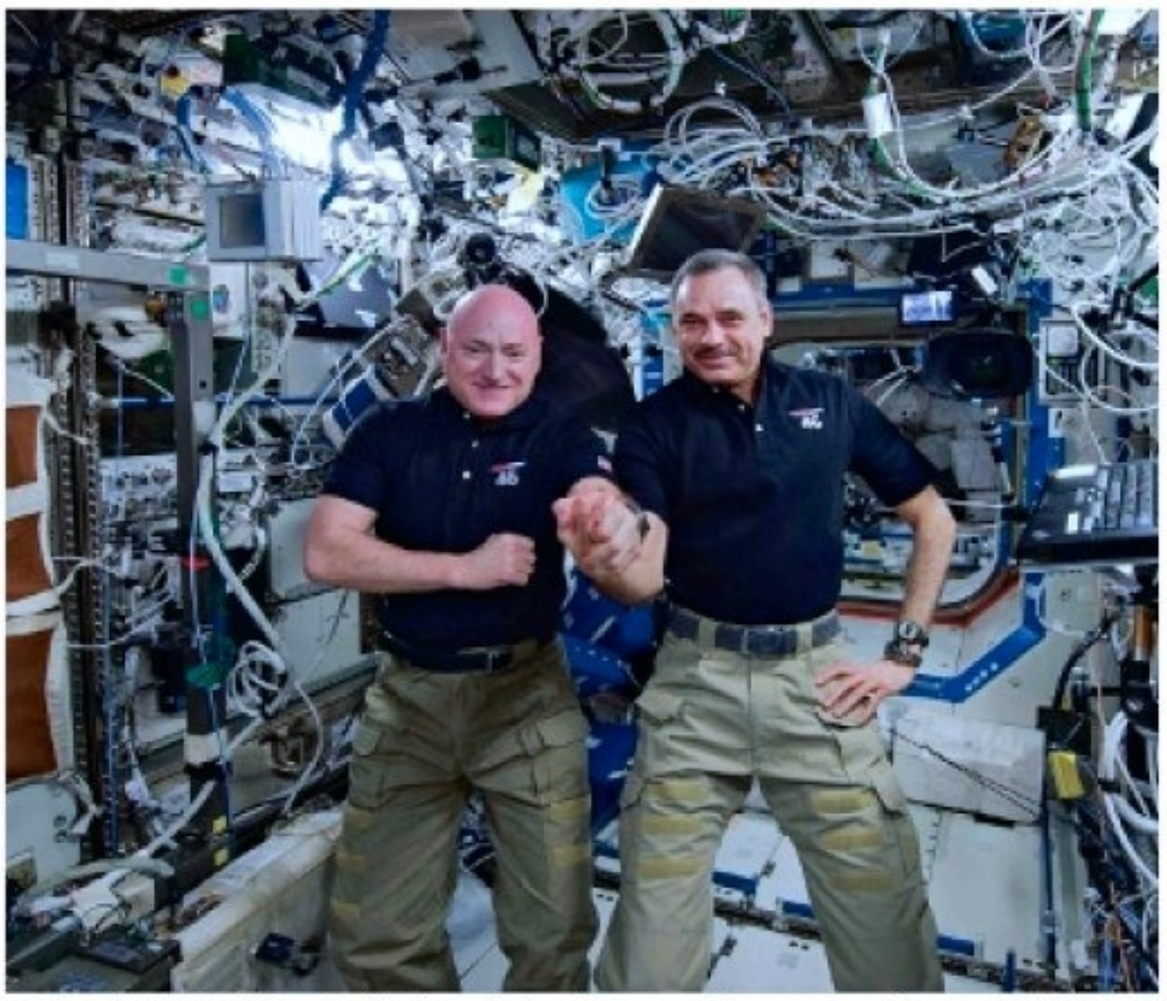
As he relinquished command of the space station Monday, Kelly noted that he and Kornienko “have been up here for a really, really long time” and have been jokingly telling one another, “We did it!” and “We made it!”

Kelly’s closest U.S. contender trails him by 125 days. Russia continues to rule, however, when it comes to long-duration spaceflight. The world record of 438 days was set by a Russian doctor during the mid-1990s.

THE ASSOCIATED PRESS

144M

The pair will have travelled 144 million miles through space upon their arrival.



Scott Kelly of NASA, left, and Mikhail Kornienko of Roscosmos have returned from NASA’s longest flight. NASA/THE ASSOCIATED PRESS

IN BRIEF

Up to 10,000 migrants stuck at Greek border

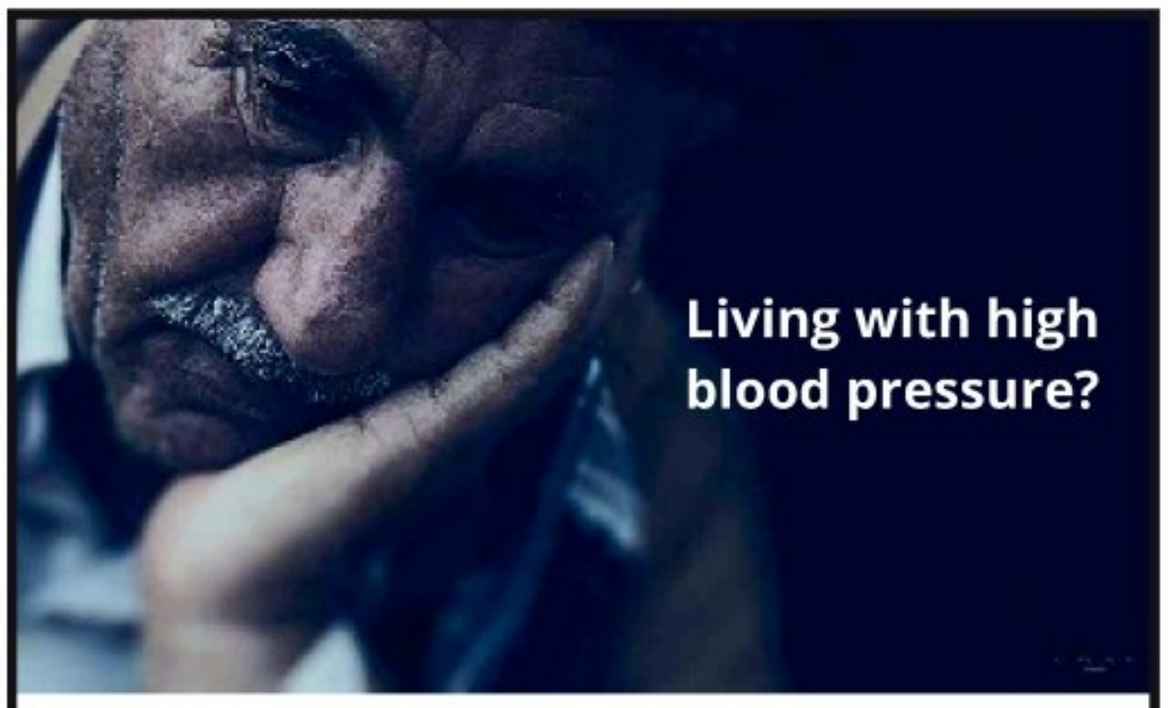
Hundreds of exhausted refugee families trying to reach Western Europe flocked Tuesday to a burgeoning tent city on Greece’s border with Macedonia, which had not allowed anybody in for 24 hours, citing a similar policy by Serbia further north.

The impasse drew criticism from the refugee agency, which said Europe “is on the cusp of a largely self-induced humanitarian crisis.” A UNHCR statement said inconsistent policies “are causing unnecessary suffering and risk being at variance with EU and international law standards.”

Police say there could be up to 10,000 people at the border. THE ASSOCIATED PRESS

Meteor above Scotland

Scientists say a meteor was the cause of a bright flash of light reported by people across Scotland and northern England. Police said they got calls with reports of a loud bang, a sudden blue, green or white light or a fireball in the sky. THE ASSOCIATED PRESS



Manna Research is currently seeking volunteers with **high blood pressure** to participate in a research study involving an investigational blood pressure medication. Eligible participants will receive study medication at no cost and may be reimbursed for their time and travel. Interested to learn more?

Contact Manna Research today to see if you qualify!
Call us at **1-844-262-2662** or visit **improvinghealth.ca**

UNDER 19

There are new laws for e-cigarettes

As of **January 1, 2016**, it is illegal to sell or supply e-cigarettes to anyone under 19.

ontario.ca/e-cigarettes

Ontario

METRO DAY AT H&M

Super sweeps

U.S. POLITICS

Clinton and Trump lead top electoral day

Republican Donald Trump and Democrat Hillary Clinton swept through the South on Super Tuesday, with the front-runners claiming victory in their parties' primaries in Georgia, Tennessee and Virginia. Clinton also carried Texas, the night's biggest prize.

On the Republican side, Ted Cruz won his home state of Texas, as well as neighbouring Oklahoma. Democrat Bernie Sanders picked up a home-state win as well, in Vermont, and won in Oklahoma, too.

Still, the night belonged to Trump and Clinton, who turned the busiest day of the 2016 primaries into a showcase of their strength with a wide swath of American voters.

"What a Super Tuesday," Clinton said during a victory rally.

The Democrat also picked up a win in Arkansas, while Trump carried the GOP contest in Massachusetts.

Super Tuesday marked the busiest day of the 2016 primaries, with the biggest single-day delegate haul up for grabs. With elections in every region of the country, the contests put a spotlight on candidates' strengths and weaknesses with a broad swath of American voters.

For Clinton and Trump, the voting marked an opportunity to begin pulling away from their rivals and charting a course toward the general election. Each entered Super Tuesday having won three of four early voting contests, and more strong showings could start putting the nominations out of reach for other contenders.

Clinton was steadying herself after an unexpectedly strong challenge from Bernie Sanders. The Vermont senator did carry his home state decisively on Tuesday, and told the crowd at a raucous victory party that he was "so proud to bring Vermont values all across this country."

Early exit polls underscored Sanders' continued weaknesses with black voters, a core part of the Democratic constituency. Clinton led with African-Americans, as well as both men and women, in Georgia and Virginia, according to surveys conducted by Edison Research.

Sanders continued to show strength with young voters, carrying the majority of those under the age of 30.

The contests come at a turbulent time for the GOP, given Trump's strengths in the face of opposition from many party leaders. Florida Sen. Marco Rubio and Texas Sen. Ted Cruz launched furious verbal attacks on the billionaire businessman in recent days, but some in the party establishment fear the anti-Trump campaign has come too late.

THE ASSOCIATED PRESS

DELEGATES

Democrats were voting in 11 states and American Samoa, with 865 delegates up for grabs. Republicans were voting in 11 states, with 595 delegates at stake.

For the full results, go to metronews.ca

Top: A supporter holds up portrait of Hillary Clinton during an event at Ice Palace Films Studios in Miami. **Bottom:** Donald Trump speaks at the Kentucky International Convention Center. GETTY IMAGES

"Great stuff! You just saved me over $527 a year."

Steffan - Port Credit, Ontario

Compare 30+ providers in minutes and save today.

InsuranceHotline.com

METRO DAY AT H&M: 25% OFF ONE ITEM TODAY!
Exclusive offer for Metro readers
H&M

Doggy darlings big bucks

INSTAGRAM

Companies looking to harness puppy star power

Dean just turned two years old but already has more than 107,000 Instagram fans following his squirrel-chasing, stick-fetching and snack-sneaking adventures in Toronto.

The floppy-eared basset hound is one of several Canadian dogs whose #DogsOfInstagram game is on point. These rising canine stars can score anything from free doggie treats to lucrative book deals as companies look to harness the puppies' star power.

Carly Bright and Nathan Sidon picked up Dean from a breeder in April 2014. One month later, the couple launched Dean's Instagram account to avoid spamming their own followers with incessant pictures of their puppy.

His photos started resonating with strangers, though, and by late summer, his account cracked 1,000 followers.

Bright continued posting about one picture daily and fine-tuned Dean's voice. The captions, Sidon said, are the couple's "best understanding" of their dog's perspective.

"He's got a big personality," said Bright.

While they consider Dean's social-media presence a hobby rather than a business, interest in the hound's potential to peddle products has grown along with his following.

"People reach out to him all the time," Sidon said.

At first, the couple reacted with excitement each time a brand contacted them to inquire about working with Dean. Now, emails arrive in Dean's inbox multiple times a day.

Sometimes the companies want to send Dean a free product, hoping his owners will showcase it on the account, said Sidon. Other times, they offer financial compensation for doing so.

Once in awhile, the couple bites and agrees to the pitch (though they always test the product first). For example, they offer a promotional code for BarkBox, a monthly delivery of treats and toys for dogs, and receive some money each time someone signs up using their code.

Christie Vuong's nine-month-old pug, Helmut, gained thousands of followers after she posted a parody of Drake's Hotline Bling music video starring the puppy. Now, Helmut's Instagram posts are seen by nearly 16,000 people.

The dog now receives food products and other freebies, she said.

Helmut and Dean's owners have both been contacted by agencies interested in representing the dogs. The firms match social media's doggie darlings with brands, just as they do the people they represent.

Fohr Card, a company that helps brands find human influencers, created a spinoff, Fur Card, to showcase the growing number of popular animals on social media.

Boo, a San Francisco pomeranian with more than 17 million Facebook followers and upwards of 600,000 Instagram followers, stars in two books and a game and has a stuffed-animal version of himself for sale complete with seasonal outfits.

Dean's owners have been asked to lend his likeness to socks, sandals and figurines, but Bright and Nathan have largely passed on the offers because they want to maintain the integrity of Dean's Instagram page and keep it relatively advertisement-free.

They prefer to opt for promotions that stay off the photo-sharing site. Recently, an American greeting-card company paid $1,500 US for a photo of the dog chilling in a water tube on a lake to use on a card.

This year, the couple created their second annual Dean-centric calendar. They sold more than 500 copies and donated part of the proceeds — $1,000 cash and $200 of toys and treats — to the Toronto Humane Society.

While that may seem like a lot, Dean's upkeep is hefty.

"Some people say Dean pays for himself," says Bright. "No, he doesn't." THE CANADIAN PRESS

Dean has more than 107,000 followers on Instagram. MICHELLE SIU/THE CANADIAN PRESS

Carly Bright with her basset hound named Dean at their Toronto home in February. MICHELLE SIU/THE CANADIAN PRESS

MCDONALD'S

VR goggles put in Happy Meals

Colin McNeil
Metro | Canada

Move over analogue Happy Meal toys: McDonald's is rolling out virtual reality for their youngest patrons.

The newly announced "Happy Goggles," being marketed at 14 locations in Sweden between March 5 and March 12, are meant to be paired with a ski-themed VR game called Slope Stars.

The Google Cardboard-style goggles are made by folding your Happy Meal box into something resembling those View-Master toys from the '90s. You insert the VR lenses (included), attach your smartphone to it and before you know it you'll be skiing down the virtual slopes.

It remains to be seen whether a greasy used Happy Meal box that you strap tightly against your face will be a hit in the home of IKEA and across the Atlantic.

'Happy Goggles', being marketed at 14 locations in Sweden. CONTRIBUTED

ISRAEL/PALESTINE

Mass layoffs upset occupation outcry

The layoffs of hundreds of workers following the closure of Israeli company SodaStream's West Bank factory has even some Palestinians questioning the wisdom of the anti-Israel boycott movement.

The contradiction: While Palestinians support the international outcry against the occupation of the West Bank, businesses attached to Israel's far richer economy offer much-needed jobs.

The factory employed some 500 Palestinians, providing a lifeline in an economy with high unemployment and low wages. But activists said the factory was a symbol of Israel's nearly 50-year-old occupation and part of a network of businesses standing in the way of Palestinians building a vibrant economy of their own. THE ASSOCIATED PRESS

TELEVISION

Get the skinny on basic cable

Canadians now have the choice to pay no more than $25 a month for basic cable as the deadline for the CRTC-mandated so-called skinny cable and satellite packages dawned Tuesday. The regulations came after the regulator's Let's Talk TV campaign found Canadians wanted more choice.

What is basic cable?
Basic-cable packages must include at least 10 local and regional TV channels, public-interest channels (such as the Aboriginal Peoples Television Network), educational programming, community channels and legislative channels where available.

Is that all?
That's the bare minimum. They may also include local AM and FM radio stations, up to 10 non-local TV stations and another province or territory's educational programming if there's no local alternative.

Does it cost less than previous plans?
While the monthly cost of the skinny package is capped at $25, that doesn't include installation or equipment fees.

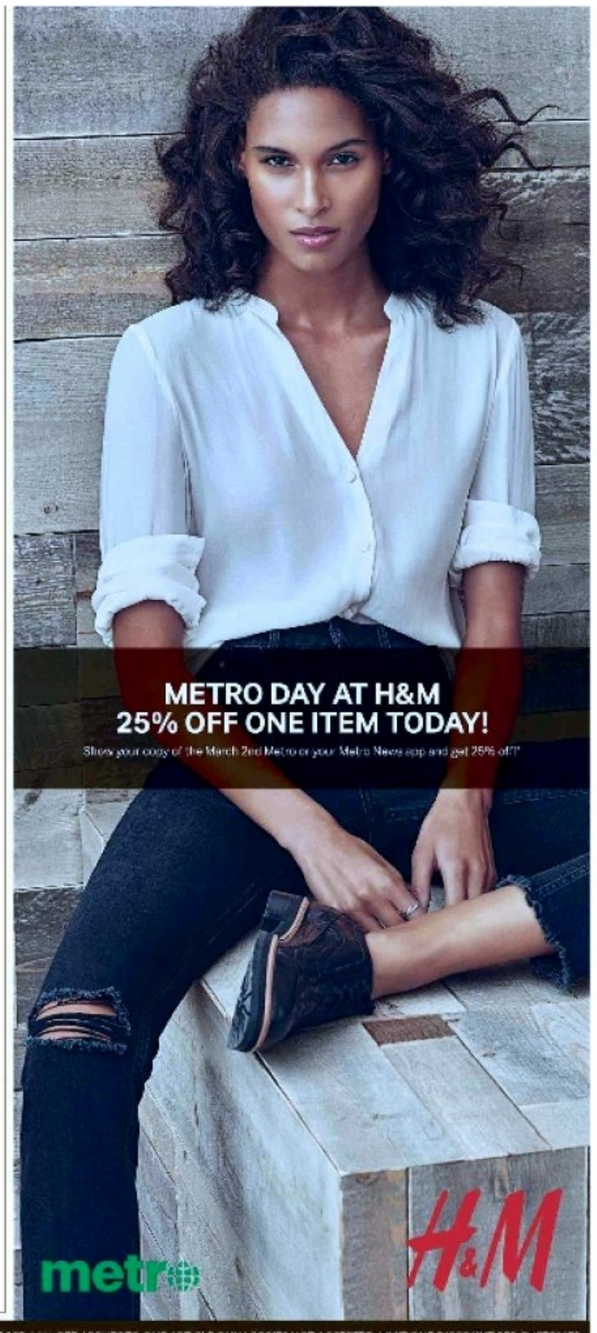
Bell's starter package, for example, costs $24.95 for basic channels. But new customers must pay another $7 monthly for an HD receiver or $15 monthly for an HD PVR rental or $499 to purchase the unit. There's also a one-time installation fee of $49.95 for customers signing on for a two-year contract or $199.95 for those without a contract.

How do I switch?
Viewers can visit the websites of cable providers to determine what packages, a-la-carte channel and bundle options most appeal. The CRTC provides a list of providers in various cities.
THE CANADIAN PRESS

market minute

DOLLAR	74.55¢ (+0.65¢)
S&P/TSX	12,982.10 (+121.75)
OIL	$34.40 US (+65¢)
GOLD	$1,230.80 (-$3.60)

NATURAL GAS: $1.74 US (+3¢)
DOW JONES: 16,865.08 (+348.58)



*VALID 03/02/16 IN CANADA ONLY. OFFER NOT VALID ON PREVIOUS PURCHASES, FOR GIFT CARD PURCHASES, ON DESIGNER COLLECTIONS, SALE ITEMS AND CANNOT BE COMBINED WITH ANY OTHER OFFERS OR DISCOUNTS INCLUDING H&M EMPLOYEE DISCOUNT. COUPON MUST BE SURRENDERED AT TIME OF PURCHASE OR SHOWN ON MOBILE DEVICE. 25% OFF APPLIES TO ONE ARTICLE ONLY. COPIES NOT ACCEPTED. LIMIT ONE DISCOUNT PER CUSTOMER.

METRO DAY AT H&M

metro VIEWS
Your essential daily news
Wednesday, March 2, 2016

URBAN ETIQUETTE **ELLEN VANSTONE**

THE QUESTION

How do I tell people I don't want to be upsold at the cash? Every time I say no, I feel disorganized or cruel. I want to stop this insanity without being rude. What do I do?

Dear Ellen,

How do I tell people I don't want to be upsold at the cash — air miles, donation to sick children, a croissant with that chai latte? Every time I say no, I feel disorganized (travel points) and cruel (very ill children). Even worse — and this may be a whole other etiquette question — is to be asked for my name when placing my order at Starbucks (not to mention the follow-up: "Is that with a C or a K?" What does it matter?). I want to stop this insanity without being rude. What do I do?

Catherine

Dear Catherine,

I don't find upselling as irritating as you do, though admittedly, when the epidemic first began to take hold, I did find it mystifying. Why were staff at checkout counters constantly asking me if I wanted soup or salad with that, or if I needed any windshield washer today, or had I noticed the buy-two-get-one-free offer in the shoe department. Did I look like a hungry, absent-minded, scuffed-shoe consumer with a dirty car?

At first, I would stop to explain to checkout people that I appreciated their concern, but that I had everything I needed, and hoped they wouldn't be offended that I was declining their considerate suggestions. But after being met with confusion, boredom or irritation, I soon realized they weren't asking out of concern for me at all! They were simply doing their job as wage slaves trained to harass the customer into spending more money before being allowed to escape.

I found your fellow objectors very much in the minority, drowned out by millions of enthusiastic links on what a fabulous idea upselling is.

Now I save time for everyone by quickly saying, "No thank you" as soon as the upsell begins. They don't care. In fact, they seem to appreciate being let off the hook right off the bat (to mix metaphors). They finish ringing up my purchase(s), send me on my way and happily move on the next customer. With this courteous but firm approach to the aggressive upsell, both parties are able to remain friendly and polite, which is a nice way to end any encounter.

If you're hoping to prevent being upsold altogether, I'm afraid you're out of luck. Out of curiosity, I went online to investigate the phenomenon, wondering if others felt as annoyed and manipulated as you do. Surely if enough people hated it, you could join together in a mass protest to end it?

Instead, I found your fellow objectors very much in the minority, drowned out by millions of enthusiastic links on what a fabulous idea upselling is, and how it can be used by almost any business to increase sales and profits. The most successful upsell of all time — "Would you like fries with that?" as pioneered by McDonald's — has been working like gangbusters since the 1970s and continues to increase profits by millions per year. In short, resistance is futile. The upsell is here to stay.

As for your objection to having to give your name when placing an order at Starbucks, and then being asked how to spell it, I'm tempted to suggest you invest in a meditation course or regular massage sessions, except you might misconstrue my sincere concern as upselling.

What I will advise is that you take control of the situation. Place your order and then, without being prompted, volunteer your name and the first initial: "That's for Catherine, with a C."

Give them a little something extra: An upspell.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Where's the apology for the state's place in staff rooms of the nation?

A posthumous pardon is certainly far better than none at all.

So it was a victory for many this week, when the federal government announced it would pardon Everett Klippert, the only man labelled a dangerous sex offender simply because he was gay.

The Liberals also announced a review of convictions prior to 1969 for buggery and gross indecency — offences that punished gay sexual acts.

It's a laudable move, but an incomplete one.

To begin with, 1969 was the year that gay sexual acts, called gross indecency, were decriminalized — but not anal sex, or buggery, which remained on the books until 1988. That's kind of like decriminalizing a grilled cheese sandwich, but not the cheese. In fact, a Global investigation found convictions actually spiked in the 1980s.

Of course, to seek pardons for the criminalization of gay sex post-1969 would force the Liberals to admit that Pierre Elliott Trudeau was not a perfect flag-bearer for gay rights. His 1967 announcement that "there's no place for the state in the bedrooms of the nation" did not mark an end to the state's interest in gay sex.

Plus, Trudeau failed, in both of his stints as prime minister, to end the imposition of the state into the bedrooms of its staff. Between 1958 and 1992, the government spied on and fired gays and lesbians in the military and public service.

"It's relatively easy to begin to pardon individuals. It's much more difficult for them to say, in a general way, 'What the Canadian state did to gays and lesbians was totally wrong,'" says Gary Kinsman, co-author of The Canadian War on Queers and part of a group calling for a federal apology. They had the official support of the NDP before the election. Liberal interest has extended to meetings with a few MPs, and not much more, Kinsman says.

That is a shame. It might be difficult to admit widespread wrongdoing, but it's actually a less bureaucratic process to apologize for firing people for being gay, than to review reportedly thousands of convictions over many decades. Perhaps there's a fear of lawsuits, a bad reason to leave a wrong un-righted. Perhaps the Liberals worry about their image as defenders of LGBTQ rights, much touted during the election. I hope not.

Public apologies should be serious matters, carefully considered, but a government that's quick to pardon one man who did nothing wrong should surely be able to apologize to the equally innocent Canadians it hunted down and purged for decades.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO EASTERN CANADA
Greg Lutes

MANAGING EDITOR TORONTO
Angela Mullins

ADVERTISER INQUIRIES
adinfotoronto@metronews.ca
General phone 416-486-4900

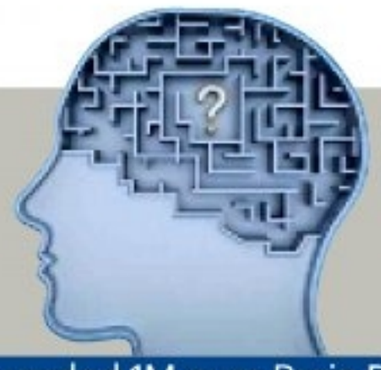
FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at
www.mymetrostore.ca

metro LIFE

Your essential daily news



Canada-based researcher Graham Collingridge one of trio awarded 1M-euro Brain Prize

Miso, my! Easy ramen broth

GUEST-WORTHY MEAL

Elevate instant noodle staple by making your own stock

Aside from a box of Kraft Dinner, nothing personifies singledom more than a packet of instant ramen.

The cheap block of instant noodles is delicious and satisfying, but the packet of powdered soup broth contains an entire day's worth of salt. Here's an easy way to make your own broth that is just as satisfying but with considerably less sodium so you can drink it without gasping for water.

While you're at it, take a few extra minutes and add vegetables and leftover meat to create a complete meal worthy of guests. You'll think twice about lining up for a $15 bowl of ramen after making this.

Take a packet of instant ramen and turn it into a complete meal by whipping up a simple miso broth, adding vegetables and a hardboiled egg as a finishing touch.
TORSTAR NEWS SERVICE

Baller Ramen

Makes one serving.

Ingredients:
- 1 large egg
- 2 cups (500 mL) water
- 2 tsp (10 mL) white miso paste
- 1 tsp (5 mL) soy sauce
- 1/2 tsp (2 mL) sesame oil
- 1 packet instant ramen noodles
- 2 heads of baby bok choy, leaves separated and rinsed
- 1/4 cup (60 mL) kimchi
- 1/3 cup (80 mL) edamame
- 1 Tbsp (15 mL) canned corn kernels, drained and rinsed

Directions:

1. Place egg in a small pot filled with enough cold water to submerge egg by at least an inch. Cover. Over medium-high heat, bring water to a rapid boil. Remove from heat and let sit covered for 12 minutes, or 6 minutes for soft-boiled eggs. Take out egg and submerge in bowl of cold water for 5 minutes until cool to the touch. Remove shell and slice in half lengthwise. Set aside.

2. While egg is cooking, in a small saucepan over medium heat whisk together water, miso paste, soy sauce and sesame oil. Bring to a rapid boil and add bok choy and ramen, stirring until leaves are tender and noodles are al dente, about 2 to 3 minutes.

3. Transfer to bowl. Top with sliced eggs, kimchi, edamame and corn. Serve immediately.

Other proteins to consider:
Cooked chicken, tofu cubes, thinly sliced Spam, cooked bacon.

Other veggies to consider:
Broccoli florets, sliced red pepper, bean sprouts, finely chopped bitter greens, pickled carrots and daikon.

Bonus condiments:
Nori, sesame seeds, Sriracha or any kind of hot sauce.
TORSTAR NEWS SERVICE

FOOD TIP

What's the best way to peel an egg?

J. Kenji López-Alt of Serious Eats, did exhaustive research on making the perfect boiled egg.

He concludes that shocking the egg in icy water and letting it cool completely is key in preventing the egg from sticking to the shell.

Also, he says to gently tap the shell all over rather than aggressively roll it across the counter, then peel under cold water.

In ABC's The Family, Alison Pill plays Willa Warren, a deeply religious character faithful to her family but few others. HANDOUT

NEW SERIES

Alison Pill embraces a darker side in The Family

When it comes to actresses who are universally liked, Alison Pill certainly fits the bill.

The Newsroom and Scott Pilgrim vs. the World star is known for her quirky, girl-next-door roles, having amassed a small cult following thanks to her charm, ability to throw down with the guys and embrace varied roles. But when viewers see her next, on ABC's serialized crime drama The Family, they'll experience a whole new side of the Toronto native.

The series revolves around a small family whose world is shaken to the core when their missing and presumed dead son returns a decade later, just as the family matriarch (Joan Allen) readies to announce her bid for governor. Pill plays Willa, the clan's only daughter, a deeply religious character who works with her mother and isn't always what she seems to be on the surface.

Willa Warren is unafraid to say harsh things for the greater good or do whatever is necessary to keep her family together. In the pilot, we learn she may have had something to do as a child with sending another man to jail for crimes her brother committed, but that's just the beginning of the political manoeuvring we see in her adult years.

Those character traits are exactly what drew Pill back to TV instead of film following HBO's The Newsroom.

"It's just such a typically female trait to want to be universally liked. I fall into that trap too, trying to be all things to all people," she says. "Willa is like that as well; she's really driven and ambitious and willing to make personal sacrifices for the good of what she sees for her family. Willa is manipulative and I'm sure some people will hate her, but the things that drive her are good things. I just love how full a person she is and is allowed to be."
TORSTAR NEWS SERVICE

The Family debuts Wednesday at 8 p.m. ET on CTV, then moves to its regular Sunday 9 p.m. ET slot March 6.

"Willa is manipulative and I'm sure some people will hate her, but the things that drive her are good things.
Alison Pill, actor

Potluck favourite: Vegan Shepherd's Pie

Use whatever veggies you have to create your own version.

RECIPE

Don't get put off by all the layers, this pie is pretty simple

Five-Layer Vegetable Shepherd's Pie

Have a potluck coming up? Make this a day or two ahead. Then warm it in the oven for 20 minutes at 350 F (180 C) and reheat the vegan (yes, vegan) gravy over the stove.

Mushroom layer

- 3 Tbsp (45 ml) olive oil
- 2 cloves garlic, finely minced
- 1 2/3 cups (310 ml) finely minced white onion
- 1 lb (450 g) button mushrooms, coarsely chopped
- 1/2 tsp (2 ml) table salt

Squash/Zucchini layer

- 1 Tbsp (15 ml) olive oil
- 2 cups (500 ml) finely diced, peeled squash
- 2 cups (500 ml) finely diced zucchini
- 1/2 tsp (2 ml) table salt

Quinoa

- 2 cups (500 ml) water
- 1 cup (250 ml) quinoa, rinsed

Bell pepper/leek

- 1 Tbsp (15 ml) olive oil
- 1 green pepper, finely diced
- 2 cups (500 ml) chopped leeks, white parts only
- 1/2 tsp (1 ml) table salt

Potatoes

- 1 1/2 lb (675 g) medium white potatoes (about 5), peeled
- 1/2 cup (125 ml) no salt-added vegetable broth
- 1/4 tsp (1 ml) cayenne or paprika, if desired

1. For mushroom layer, in a large frying pan, heat oil and garlic over medium heat. Cook 2 to 3 minutes until the garlic starts to brown. Add the onions, mushrooms and salt. Stir and cook, allowing the onions to turn translucent and the mushrooms to shrink in size and begin to brown, about 20 to 25 minutes. Pour the mushroom-onion mixture in an even layer into a 10.5-by-7.5-inch (27-by-19-cm) oven-safe casserole dish. Set aside.

2. For squash layer, in large frying pan, heat oil on medium heat. Add squash, zucchini and salt. Stir and toss until the squash and zucchini become tender and begin to brown, about 10 minutes. Layer mixture evenly on top of the mushroom-onion mix in the casserole dish.

3. For quinoa layer, bring water to a boil over high heat. Add quinoa. Stir. Reduce heat to low. Cover; cook 10 minutes, or until quinoa is tender and liquid has evaporated. Layer on top of squash and zucchini.

4. For the bell pepper layer, in the frying pan, heat oil on medium heat. Add green pepper, leek and salt. Cook, stirring, until tender, about 8 to 10 minutes. Layer on top of cooked quinoa.

5. Meanwhile, for potato layer, fill a medium pot two-thirds full with water. Bring to boil over high heat. Add potatoes. Cover. Boil 20 to 30 minutes, or until a knife easily slides into potatoes. Drain and let air dry. Transfer to a mixing bowl. Add the room-temperature broth while the potatoes are still hot. Using a potato masher or fork, mash the potatoes until creamy. Spread potatoes in an even layer on top of the casserole dish using a spatula. Sprinkle cayenne or paprika, if using.

6. Bake casserole in pre-heated 350 F (180 C) oven 15 to 20 minutes, or until the potato crust turns golden brown.

Serve with gravy, if desired. Makes 4 to 6 servings.

TORSTAR NEWS SERVICE

VEGAN GRAVY

- 1 Tbsp (15 ml) olive oil
- 1/3 cup (75 ml) finely minced white onion
- 1/2 tsp (2 ml) table salt
- 1/4 tsp (1 ml) black pepper
- 1 1/2 cups (375 ml) no salt-added vegetable broth
- 1/2 tsp (2 ml) soy sauce
- 1 Tbsp (15 ml) all-purpose flour

In small saucepan, heat oil over medium heat. Add onions, salt and pepper. Cook until onions soften and turn translucent, about 10 minutes. Add broth and soy sauce. Stir. Quickly whisk in flour, making sure there are no clumps. Reduce heat to low and gently simmer 20 minutes, or until the gravy thickens. Makes about 1 1/2 cups (375 ml) gravy.

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Bacon

Bacon and eggs have been a popular breakfast choice for Canadians for decades, but changing up the bacon variety could save your weight and heart!

PICK THIS

Peameal bacon (cooked, 4 slices)

Calories 100
Fat 3.5 g
Saturated Fat 1.5 g

SKIP THIS

Bacon (cooked, 4 slices)

Calories 200
Fat 19 g
Saturated Fat 7 g

HERE'S WHY

Equivalent to 2.5 six-inch Ham subs (with lettuce, tomato and cheese) in fat from Subway

Peameal bacon, also known as Canadian or back bacon, comes from a lean boneless, pork loin, which is low in fat and saturated fat. Traditional bacon slices on the other hand, come from the belly of a pig, yielding twice the calories and five times the fat and saturated fat. Regardless of the type of bacon you pick, always only eat it occasionally since both options are high in sodium!

TASTE TEST

Sweet and sour: Fruit of the coffee bean

Ariel Teplitsky
Torstar News Service

Curious to know what the fruit of the coffee bean tastes like? You'll still be wondering after drinking a bottle of KonaRed.

Coffee beans grow on bushes inside a fruit that resembles a cherry, with a red skin and a thin layer of sweet fruit, which is often discarded. Today, more plantations are trying to make use of this coffee byproduct, called cascara, which still contains a small amount of caffeine, and a large amount of antioxidants and nutrients.

Thus you can now find cascara "coffee cherry tea" in some coffee shops. Or you can buy a bright red bottle of "Hawaiian Coffeeberry Superfruit Beverage" from KonaRed.

It tastes like you'd expect any berry juice to taste: sorta sweet, sorta sour, with hints of cherry, watermelon and ... is that pineapple?

Yes, pineapple juice is the first ingredient. It also contains apple juice from concentrate, stevia extract as sweetener, plus natural flavours. The result is more fruit punch than fruit juice, which tastes fine but not in any way distinctive, though the sweetness masks a slightly pungent aftertaste.

You might still want to drink it for the reputed health-boosting qualities, but you'd be better off eating fresh, fibrous fruits and berries over sweetened, concentrated fruit juice.

And what of KonaRed's pledge of sustainability, by utilizing a part of the fruit that's often discarded? That's nice and all, but packaging this salvaged fruit in plastic bottles and shipping it thousands of kilometres to a Canadian supermarket can hardly claim a zero carbon footprint.

So that's that. Grab a coffee, some fruit, and call it a day.

Would I try it again? No, but the next time I'm in Hawaii, I'll happily eat fresh coffee fruit — and the beans inside, too.

FOOD BRIEFS

Liquid assets

If someone gives you the stink eye for taking a photo of your meal, tell them you're trying to turn food porn into prizes.

Masi Agricola, one of Italy's perennial producers in the Vento region, begins it celebration of the 50th anniversary of Campofiorin ($19.49 -$20.95), its flagship red blend, with an Instagram contest. Just snap a shot of something edible inspired by the wine and post it with the hashtag #Campofiorin50. You might wind up with a magnum of Campo and your image published in an up-coming cookbook.

First released in 1964, Campofiorin is made from a ripasso-style technique originated by Masi that sees fresh vinified juice from Valpolicella re-fermented along with grapes that have been slightly dried.

The current 2012 vintage is a rich, but very accessible, wine with universal appeal that has, to quote Masi on its food-friendliness, "versatility that inspires experimentation."

Prices reflect the range across the country. Some products may not be available in all provinces.

PETER ROCKWELL/METRO

HEALTH BRIEFS

It's how you cope with stress that impacts health

It is your reaction to stress — not how often you're stressed — that is more important to heart health, says a new U.S. study.

Researchers from Penn State University and Columbia University looked at the effect of daily stress on heart rate variability — the variation in intervals between heartbeats, which is linked to cardiovascular disease. "People with lower heart rate variability have a greater risk of cardiovascular disease," says researcher Nancy L. Sin of Penn State.

The team collected data from 909 participants. From these reports, they saw it wasn't necessarily those who reported a high number of stressful events that had the lower heart rate variability. It was those who perceived events as being stressful who showed a lower heart rate variability. "These results tell us that a person's perceptions and emotional reactions to stressful events are more important than exposure to stress per se," says Sin.

AFP

Fish is OK during pregnancy

NUTRITION

Certain types of fish provide lots of benefits, low mercury

A new study suggests that pregnant women should continue to eat fish during pregnancy, with negative health effects of low-level exposure to mercury potentially outweighed by the beneficial effects of fish consumption.

Carried out by a team of researchers from Cincinnati Children's Hospital Medical Center and published online in the journal Neurotoxicology and Teratology, the study looked at the effect of the brain and nervous system on behaviour — referred to as neurobehaviour — of 344 five-week old infants, and a possible association with their exposure to mercury during pregnancy.

Researchers also gathered information from the mothers on how much fish they consumed during pregnancy, and estimated their polyunsaturated fatty acid intake — beneficial fats found in fish — based on type and amount of fish consumed.

From the data collected the researchers found that although 84 per cent of mothers reported eating fish during pregnancy, in general participants had a low fish consumption and therefore low exposure to mercury, only consuming around two ounces of fish on average per week.

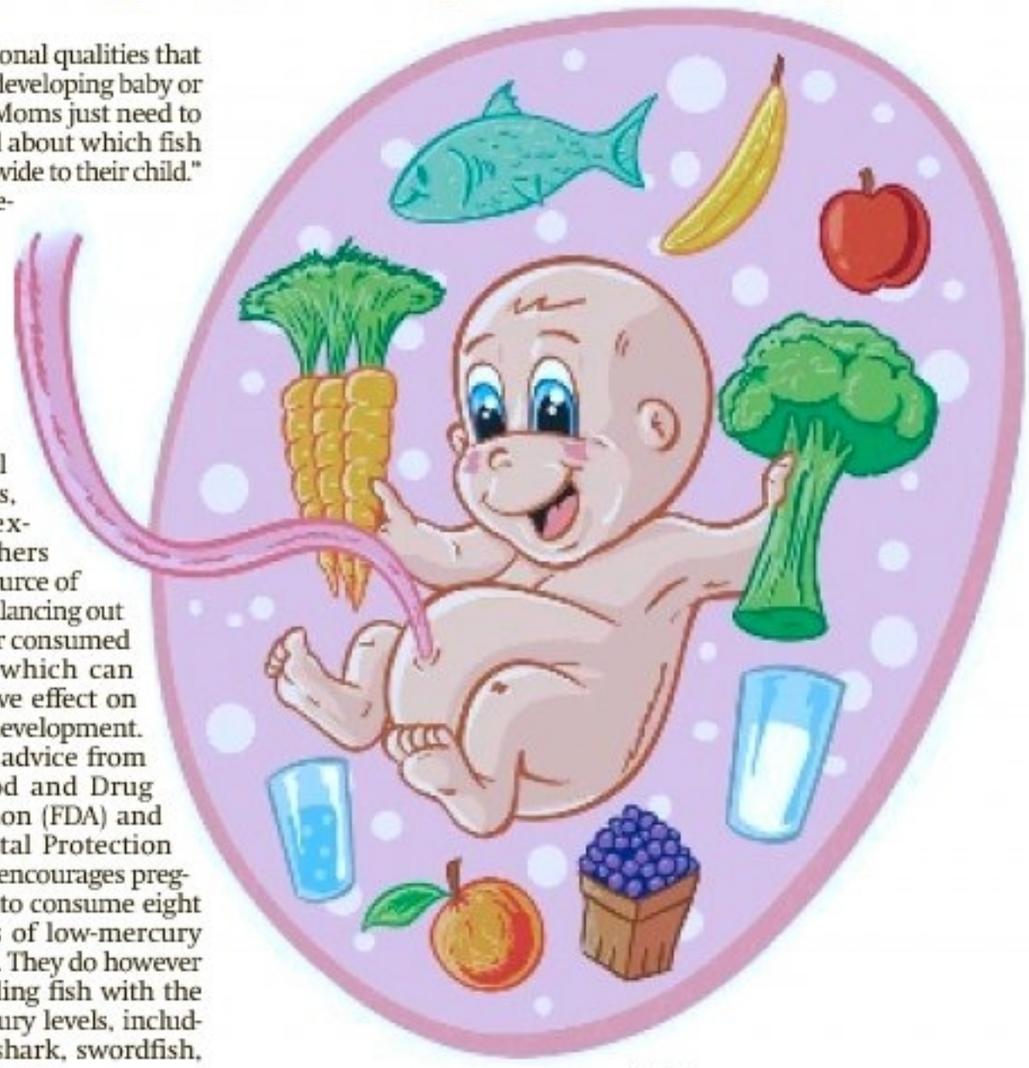
However when looking at the children whose mothers had eaten more fish, therefore exposing children to a higher level of mercury, although these children did show unequal reflexes, they also showed better attention and needed less special handling than those exposed to lower levels of mercury.

Commenting on the findings, senior author Kim Yolton says "The better neurobehavioural performance observed in infants with higher mercury biomarkers should not be interpreted as a beneficial effect of mercury exposure, which is clearly neurotoxic. It likely reflects the benefits of polyunsaturated fatty acid intake that also comes from fish and has been shown to benefit attention, memory, and other areas of development."

Yolton concluded that, "The important thing for women to remember is that fish offers excellent nutritional qualities that can benefit a developing baby or young child. Moms just need to be thoughtful about which fish they eat or provide to their child."

Another recent study, published in January in Stem Cells, also found that eating fish whilst pregnant had beneficial health effects, providing expectant mothers with a rich source of omega-3 — balancing out the often over consumed omega-6 — which can have a positive effect on their child's development.

The latest advice from the U.S. Food and Drug Administration (FDA) and Environmental Protection Agency (EPA) encourages pregnant women to consume eight to 12 ounces of low-mercury fish per week. They do however suggest avoiding fish with the highest mercury levels, including tilefish, shark, swordfish, and mackerel. AFP



ISTOCK

Offers available for a limited time within Rogers cable service area (where technology permits) in Ontario only and subject to change without notice. Taxes extra. *One-time $14.95 activation fee applies. An Early Cancellation Fee (ECF) applies. Bundle includes Rogers Ignite 30 Internet, Basic TV and Home Phone service with Canada-wide calling. Data usage subject to Rogers Terms of Service and Acceptable Use Policy. See rogers.com/term. Rates for core services protected during the term. Additional optional add-ons and pay-per-use rates subject to change. Regular then current rates apply after the term and are subject to change. NHL, the NHL Shield and the word mark and image of the Stanley Cup are registered trademarks of the National Hockey League. NHL and NHL team marks are the property of the NHL and its teams. © NHL 2016. All Rights reserved. National Hockey League Players' Association, NHLPA and the NHLPA logo are trademarks of the NHLPA and are used under license. © NHLPA ™Rogers & Design, Rogers Ignite, Nextbox, Home & Away, Rogers TechXpert and shomi are trademarks of or used under license from Rogers Communications Inc. or an affiliate used under license. © 2016

JOHANNA SCHNELLER **WHAT I'M WATCHING**

The many truths in a Bronco chase

THE SHOW: American Crime Story: The People vs. O.J. Simpson, Episode 2 (FX)
THE MOMENT: The Pizza

Cuba Gooding Jr. is O.J. Simpson in The People vs. O.J. Simpson. CONTRIBUTED

Los Angeles, 1994. Football star, media personality — and accused murderer — O.J. Simpson (Cuba Gooding Jr.) is cruising the freeways in a white Ford Bronco, pursued by a dozen police cars, while the world watches on television.

In the kitchen of a pizza delivery joint, phones ring off the hook while cooks scramble to make pies.

"This is crazy," one says, grabbing an empty plastic bin. "We ran out of cheese."

My love for this limited series is deep and abiding, and scenes like the one above are why.

How many times have you seen "news is happening" dramatized by people staring at TVs? This show depicts that scene not just originally, but also thematically — our bottomless appetite for food equals our bottomless appetite for sensationalism.

The co-writers, Scott Alexander and Larry Karaszewski, are just so freaking smart. (They also wrote Ed Wood and The People vs. Larry Flynt.)

They're expert at finding the places where celebrity and success curdle into toxicity and greed, and for turning complex issues into gripping drama.

In Simpson's story, they hit the motherlode. The issues that riveted us 22 years ago — America's deep divisions in race, class, wealth, fame; our eagerness to judge people superficially and leap to conclusions based on our prejudices — are, if anything, even more urgent now.

Giving the Bronco chase a full hour is just one example of the show's genius: It takes the time to parse every detail, and finds meanings and connections that make us gasp.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

BOOK BRIEFS

Toronto playwright wins $150K prize, naps with son

Acclaimed Toronto-based playwright Hannah Moscovitch hasn't had much time to bask in the glory of her US$150,000 prize for literary achievement.

On Tuesday, when Yale University announced Moscovitch as one of nine recipients of the lucrative Donald Windham-Sandy M. Campbell Literature Prizes, she was battling a snowstorm in Toronto so she could get her eight-month-old baby to the doctor. "It's been a little bit psychedelic. It's a bit delirious, actually," the 37-year-old said by phone late Tuesday afternoon. "(I) came home and there was like 99-plus messages for me on Twitter and then I shut it down and went and had a nap with him, because we nap together every day." The Windham-Campbell Prizes honour three winners each for fiction, drama and non-fiction. Each winner receives a $150,000 grant. THE CANADIAN PRESS

FREE Adult Classes

Reading • Writing • Math

Upgrade your skills for:

Employment • Apprenticeship • Education • Independence

Call us Today!

West	South/Central	East
416-394-3809	416-393-1995	416-396-6904

Operated by Toronto District School Board

Essential Skills Upgrading
www.upgrademyskills.ca

Funded by EMPLOYMENT ONTARIO

CBC rolls out its own kind of Serial

INTERVIEW

David Ridgen investigates cold cases in new podcast

Melita Kuburas
Metro | Canada

There are similarities between CBC's new podcast, Someone Knows Something, and the first season of American radio doc Serial: both roll out weekly, investigating old cases in real-time, and both are anchored by a captivating reporter, bringing some transparency to this type of journalism.

But David Ridgen, host of the CBC show that launches March 2, says he deliberately stayed away from programs like Serial and Netflix's Making a Murderer.

"I don't want to unconsciously or consciously even try to mimic them," he tells Metro. "I think comparisons will be made, but I'm hoping that we have our own unique kind of show that's based on an honest process and looking for the facts."

To be fair, Ridgen has been doing this genre long before the aforementioned U.S. true-crime series were released.

His 2007 documentary Mississippi Cold Case led to the prosecution of a Ku Klux Klan member connected to the killing of two young black men.

And like in that project, and others since (Confession to Murder, A Garden of Tears), Ridgen wants results in the mysteries he examines for the CBC. "I'm here to actually solve a case and to do that I have to be engaging, but I also have to be fair to the family members and not lead them somewhere and just leave them hanging," he says.

Here is another important distinction: While Serial and Making a Murderer have been criticized by the family members of murder victims Hae Min Lee and Teresa Halbach, respectively, Ridgen is not interested in reopening an old wound unless he has full support from the family affected.

"It's important to see that these cases are about process as much as they are about the outcome," he says.

Families of missing or murdered loved ones often face a lot of guilt associated with the tragedy, and sometimes they face blame from the community or are cast in a suspicious light. Ridgen wants the reporting to be healing.

"In looking back at the cases, I feel like the process of this podcast is offering an almost therapeutic kind of approach."

Ridgen adds that even if he doesn't get to the point where they're in the courtroom "pointing our fingers at a person who has done it," the process is worthwhile if he knows the family has learned something and have some closure.

But the work also takes a toll on him. In the prologue for the series, Ridgen struggles with whether to accept the CBC offer, given the emotional weight it's had on him in the past.

"There's no doubt that it has an impact when you're looking at photographs of crime scenes or things that the general public just does not get to see and it's just the constant iteration of the information through your head about missing children, murders and horrific imagery. As I say in the prologue, it just kind of haunts you."

David Ridgen, host of Someone Knows Something. OWEN RIDGEN

ABOUT THE CASE

• The first season of Someone Knows Something launches today at cbc.ca/sks. It will also be available on iTunes and Google Play.

• It looks at the case of Adrien McNaughton, a five-year-old boy who vanished during a family fishing trip in Calabogie, Ont. in 1972.

• Host David Ridgen grew up in the town, and says that it has been a "dark cloud" over the community ever since he can remember.

Photo of Adrien McNaughton in 1972 and sketch of how he would look as an adult, released in 2009. ONTARIO PROVINCIAL POLICE

metro DRIVE
Your essential daily news

Bugatti Chiron breaks record for world's fastest production car

Cadenza: The height of mid-luxury

ROAD TESTED

REVIEW

Like rivals, Kia's latest has many features for its price point

Jil McIntosh
For Metro Canada

If you like luxury but your budget doesn't, the "mid-lux" segment might be for you. Kia's entry is the Cadenza, a model that isn't all that common on the streets but could be a hidden gem for many buyers.

Its platform design has been around for a while. It shows its age with a somewhat doughy suspension that's mostly gone out of fashion in favour of the sportier, sharper feel in most new models. Still, that's precisely the type of ride many luxury buyers prefer. And it's all put in motion by a seriously sweet 3.3-litre V6 engine that's powerful, smooth and quiet, and mated to an equally-refined six-speed automatic transmission.

A well-equipped base model starts at $37,995, but higher-end features such as a panoramic sunroof, ventilated front seats, heated rear seats, power-adjustable steering wheel and power rear sunshade come with the Premium trim at $41,995.

My tester, the top-end Tech at $45,595, included blind-spot monitoring, lane departure warning system, and adaptive cruise control, which adjusts its speed in relation to traffic ahead. Many of these cruise systems have become very sophisticated, but this Kia's version is still too jerky.

The sedan's handsome cabin, which only comes in black, offers up a good amount of legroom and headroom in both the front and rear seats. Those chairs are impressively comfortable, and on the Premium and Tech trims, the driver's seat has a power-operated knee extension, perfect for long-legged folks who find that most seat cushions are too short.

The Cadenza slots between Kia's volume-selling Optima and its even-rarer top-line K900 sedan. It shares its mechanicals with the Hyundai Azera sedan, a model no longer sold in Canada but still available in the U.S.

"The Cadenza slots between Kia's volume-selling Optima and its even-rarer top-line K900 sedan."

It follows Kia's business model of offering a lot of features for the money, but other manufacturers have jumped onto that as well: many other mid-lux models also pile on the features in a price range that's comparable to Cadenza's. You'll have to closely comparison-shop to get the most for your money, but include Kia's version on your list.

THE CHECKLIST | 2016 KIA CADENZA

THE BASICS

Type. Four-door, five-passenger mid-size sedan
Engine (hp/torque). 3.3-litre V6 (293/255)
Transmission. Six-speed automatic
Price. $37,995 (base); $45,595 (as tested), plus destination

COOL FEATURES

- Electric parking brake
- Rear-view camera and parking sensors
- 12-speaker audio system
- Windshield wiper de-icer
- Rear-seat USB charging port
- Power-folding mirrors
- Automatic window defogging feature

MAIN AND INTERIOR PHOTOS: JIL MCINTOSH/FOR METRO; OTHERS HANDOUT

POINTS

- The Tech trim adds LED fog lamps, 19-inch wheels, power passenger seat, and adjustable steering feel.
- The Tech uses hydrophobic glass in the front-door windows, which causes snow and raindrops to sheet off the surface to improve visibility.
- The engine uses direct gasoline injection.

MARKET POSITION

- Kia is a strong player in the entry-level and mid-range markets, but is still minor in the mid-lux and luxury segments. That may change in future, especially as parent company Hyundai launches its separate Genesis luxury brand.

THE COMPETITION

Nissan Maxima
Base price: $35,900

Buick LaCrosse
Base price: $36,525

Toyota Avalon
Base price $38,185

TOYOTA On the Park
CHOOSE 1 OF 3 OPTIONS:
2 YEAR FREE MAINTENANCE PACKAGE
$500 GAS CARD
$500 ACCESSORY PACKAGE.

TOYOTA On the Park
TOYOTA CAMRY
TOYOTA COROLLA
SMART BUY EVENT!
TOYOTA SMART BUY EVENT
On now. Don't miss out!
2015 RAV 4**
ALL IN LEASE $135 @ 2.99% | ALL IN FINANCE $168 @ 3.49% ZERO DOWN | ALL IN PRICE $27,139 +HST
2016 COROLLA**
ALL IN LEASE $63 @ 0.49% | ALL IN FINANCE $109 @ 0.99% ZERO DOWN | ALL IN PRICE $17,694 +HST
$1000 REBATE*
LEASE OR FINANCE FROM 0% ON SELECT 2016 MODELS*
HURRY IN ENDS MARCH 31ST
TOYOTA On the Park
1077 LESLIE ST., TORONTO, ON (Leslie & Eglinton)
1-888-475-7346
toyotaonthepark.ca

The future of software updates

AUTO TECH

More companies to use over-the-air technology

Who likes software updates?

They're those recurring installations that kick in just when you are about to shut off your laptop for the day, or the pesky alerts on your smartphone reminding you about a shiny, new version of the operating system.

It's hard to imagine many raised hands.

Constant software improvements are no longer limited to personal electronics. As thousands of new lines of code get added to cars with every new model, version updates are becoming the norm for vehicles as well.

Most people with newer cars have made at least a couple of software update trips to dealerships, or may have just ignored all those mailed reminders.

But it will get harder to overlook these kinds of "soft" maintenance procedures as vehicles become more reliant on digital platforms.

Tesla — as with so many other things — has been ahead of the game for remote updating of cars. Owners of the luxury electric vehicles don't need dealership visits to add new features — smarter routing, new interfaces, even drive assist options — to their cars. All of that can be done remotely.

Now other automakers are planning to unlock the full potential of over-the-air (OTA) updates.

Some, like General Motors, already perform OTA updates for their telematics systems. Over the next few years, the Detroit automaker will continue to change the electrical infrastructure of its vehicles to facilitate the use of more remote software changes. Similarly, Ford, Toyota and several European automakers have confirmed that their customers can expect more OTA usage down the line.

At this year's CES event in Las Vegas, automotive connectivity and infotainment solutions supplier Harman International revealed that they also are working with several automakers on remote software delivery platforms.

Harman has been on the cutting edge of OTA updates, and its recent business strategy also sheds light on the two key concerns surrounding OTA updates — speed and safety.

While Tesla has been leading the pack on the remote updating of cars, other companies are following suit. ISTOCK

Last year it acquired Redbend, an Israeli company that has helped Tesla remotely roll out critical updates like its Autopilot driver assist system with minimal bandwidth usage.

Similarly, Harman recently announced that it will acquire Towersec, a company that specializes in network security — arguably the biggest pain point in the development and adoption of OTA updates.

Like Harman, all automakers and suppliers are currently pursuing the Holy Grail of OTA — faster, compact and secure data packages. The cost of remotely sending thousands of lines of code can be expensive — either for the automaker or the vehicle owner or both. Any remote software revisions therefore have to be very specific and targeted in order to make them more viable.

Many automakers continue to hold themselves back because of security issues and concerns over hacking.

For instance, GM has said that unlike Tesla, it will never use OTA for updates related to safety systems such as brakes. As a result, a lot of sweat and dollars will be spent over the next years in making sure platforms are secure enough to support all kinds of OTA updates.

TORSTAR NEWS SERVICE

+ CHANGES

• Some companies will continue to use cellular networks, others will use vehicular Wi-Fi to transmit data. According to a recent Automotive News report, some are also looking at a third option — sending the software update to the driver's smartphone, which will then push the update to the car via Bluetooth.

Autobahn for ~~All~~ You

Sales Event

FINANCE FROM **0%**

FOR UP TO **60** MONTHS* on select models

PLUS

GET UP TO **$2,000**^ BONUS CASH** on other select models

^Jetta Highline, GLI and Hybrid amount shown

2016 Jetta

1.4 TSI TRENDLINE MANUAL TRANSMISSION

MONTHLY LEASE
FROM THE EQUIVALENT OF

$45 WEEKLY at **0.99%** for **48** MONTHS†

WITH **$1,198** DOWN

With features you'll love, like:

- TSI Turbocharged Engine
- Available App-Connect
- Standard Rearview Camera

Highline model shown

Exceptional exists for less than you think

See for yourself at vwoffers.ca. Offers end March 31.

Volkswagen

*Limited time finance purchase offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2016 Jetta 1.4T Trendline (#163VF1) base model with 5-speed manual transmission with base MSRP of $17,600, including $1,605 freight and PDI, financed at 0% APR for 60 months equals 130 bi-weekly payments starting from $135. $0 down payment or equivalent trade-in due at signing. Cost of borrowing is $0 for a total obligation of $17,600. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **Up to $2,000 finance bonus cash available to be applied as a discount on MSRP on finance only (through Volkswagen Finance, on approved credit) of select new and unregistered 2016 Jetta 1.8T Highline, GLI and Hybrid models. Discount varies by model. †**Lease payments of $195 on the Jetta must be made on a monthly basis and cannot be made weekly.** Weekly equivalent payments shown for information only. Limited time lease offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2016 Jetta 1.4T Trendline (#163VF1) base model with 5-speed manual transmission. $1,605 freight and PDI included in monthly payment. 48-month term at 0.99% APR. $1,198 down payment, $250 security deposit and first monthly payment due at lease inception. Total lease obligation: $10,558. 64,000-kilometre allowance; charge of $0.15/km for excess kilometres. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end March 31, 2016 and are subject to change or cancellation without notice. Model shown: 2016 Jetta 1.8T Highline automatic transmission, $27,995. Vehicle shown for illustration purposes only and may include optional equipment. Visit vwoffers.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Autobahn for All", "Jetta", "TSI", "Highline" and "Trendline" are registered trademarks of Volkswagen AG. © 2016 Volkswagen Canada.

Crucial points left on the table

West Bromwich Albion defender Jonas Olsson closely marks Foxes striker Jamie Vardy at Leicester's King Power Stadium in central England. OLI SCARFF/AFP/GETTY IMAGES

PREMIER LEAGUE

Leicester's title bid takes hit with West Brom equalizer

Leicester's unlikely Premier League title challenge faltered with a 2-2 home draw with West Bromwich Albion on Tuesday, offering Tottenham the chance to go top in a new twist to the most unpredictable race for England's championship in years.

Resurgent Chelsea beat Norwich 2-1, while Aston Villa's fans staged a mass walkout after the last-place team sunk nearer to relegation with a 3-1 loss to Everton.

Leicester, which only narrowly avoided relegation last season, moved three points clear in first place but wasted a slew of late chances to build a five-point gap over second-place Tottenham.

"Just sometimes you can do everything but the ball doesn't want to go in," said Leicester manager Claudio Ranieri.

Spurs are at West Ham on Wednesday, while the title hopes of fellow contenders Arsenal and Manchester City were also boosted by Leicester dropping points.

Chelsea moved into eighth place and within sight of Europe, extending its unbeaten league run since Jose Mourinho was fired before Christmas to 12 games.

Sunderland grabbed a 90th-minute equalizer to draw 2-2 with Crystal Palace and provisionally climb out of the bottom three and Bournemouth beat south-coast rival Southampton 2-0 to ease relegation concerns.

THE ASSOCIATED PRESS

AROUND EUROPE

IN SPAIN

Atletico Madrid easily defeated Real Sociedad 3-0 to move within five points of Barcelona, which plays at struggling Rayo Vallecano Thursday.

IN ITALY

AC Milan cruised into the Italian Cup final with a 5-0 rout over Alessandria. Juventus takes a 3-0 lead into the other semifinal at Inter Milan Wednesday.

IN GERMANY

Germany forward André Schürrle scored a hat trick as Wolfsburg won 4-0 at bottom-place Hannover in the Bundesliga. THE ASSOCIATED PRESS

André Schürrle GETTY IMAGES

LA LIGA

Zidane defusing tensions in Madrid

Less than three months into his first head-coaching job, Zinedine Zidane is already having to defuse tensions at Real Madrid.

The coach on Tuesday tried to downplay an off-the-field issue sparked by Cristiano Ronaldo, who said after a weekend loss that the team would be doing better if everyone else was at his level.

Zidane said Ronaldo addressed the squad this week to explain his comments and show he was not minimizing his teammates' talents. He assured the team was behind the Portuguese striker.

Cristiano Ronaldo GETTY IMAGES

"Cristiano has talked to me and he has talked to everybody," the coach said. "The issue is in the past. We all understand his importance and we are all with him. The issue has been resolved."

THE ASSOCIATED PRESS

FORMULA ONE

Rosberg fastest for Mercedes

Nico Rosberg posted the fastest time Tuesday in pre-season testing for the Formula One season, while world champion Lewis Hamilton used his time on track in a race simulation.

With Mercedes using the soft tires for the first time on Tuesday in Barcelona — having tested slower mediums last time — the German driver Rosberg sped around in one minute, 23.022 seconds.

THE ASSOCIATED PRESS

RIO 2016

IOC takes step back from doping cases

In a major change in the handling of positive drug tests at the Olympics, the IOC agreed Tuesday to remove itself from the process and have a group of independent sports arbitrators rule on doping cases during the games in Rio de Janeiro.

The change was approved by the International Olympic Committee's executive board, IOC spokesman Mark Adams said.

The move is intended to make the prosecution of doping cases more independent by taking it away from the IOC and putting it in the hands of a special panel of the Court of Arbitration for Sport.

Olympic leaders agreed last year that drug-testing in general — not just at the Games — should be taken out of the hands of sports bodies. Bach has proposed that an independent testing agency under WADA control be put into place before the 2018 Winter Games in Pyeongchang, South Korea. WADA is still studying the proposal and how to fund it. THE ASSOCIATED PRESS

metro Spiritualist Forum To advertise contact Ian March at 416-443-4388

FAMOUS INDIAN ASTROLOGER
Pandit: RADHA KRISHNA
CERTIFIED INDIAN ASTROLOGER
Removes Black Magic,Jadoo & Gives 100% Protection
TAKE RIGHT DECISION AT RIGHT TIME
NOBODY CAN BREAK MY PROTECTION
SOLVES PROBLEMS LIKE FAMILY, CHILDREN, HUSBAND-WIFE, WORK HEALTH, DEPRESSION, COURT ETC
647-308-5045
505 Middlefield Rd. #4 Scarborough M1V 4Y5
Next to DATTA FOOD,MIDDLEFIELD & FINCH

Sri Siva Kali Astrologer
Pandit: KANNA GURUJI
Solves all Problems
Love * Marriage * Kids
Education * Business* Job
Money * Health * Sexual
Family Prob * Enemy*Court
100% Removal of Black Magic, Jadoo, Vodoo, Obeya, Bad Luck, Jealousy, Witchcraft etc
1 Free Question
647-718-4662
657 Markham Rd Scarborough M1H 2A4 (MARKHAM & LAWRENCE)

KALBHAIRAVA FAMOUS ASTROLOGY CENTER
PANDIT: SHIVA BABA
35 Years Experienced
IF YOU BELIEVE IN YOURSELF, COME AND GET 100% GAUARANTEED SOLUTIONS
Tells Past, Present & Future. Solves Problems: Sickness, Work Education, Marriage, Court, Black Magic, Secret Matters Etc
CALL FOR 1 FREE QUESTION
Provides Best Solutions for Best Future
647-622-0554
3006 Islington Ave, Unit #1B, North York ON M9L 2K9
(Between Steeles & Finch) Intersection - Islington Ave & Millwick Dr.)

INDIAN ASTROLOGER & PSYCHIC
(Pandit: RAVI SHASTRI)
at JANE & WILSON
1 FREE QUESTION
Overpowers Impossible Problems
Removes Problems like Money, Court Love, Business, Education, Depression Enemy, Education, Health, Marriage, Job
An Expert Spiritualist treats Black Magic, Witchcraft, Jaadu, Obeau and gives 100% Immediate Protection
647-969-7846
2562 Danforth Ave, #2, TorontoNearby METRO 24hrs (Victoria & Danforth) | 2131 Jane Street,#104, Toronto, Upstairs Jagadish Textiles (Jane & Wilson)

PSYCHIC SPIRITUAL ADVISOR MONA
I restore luck and happiness and will call out your friends and enemies by name. I will tell you your past as it was, your present as it is, and your future as it will be. 40 years experience.
CALL FOR 1 FREE PHONE READING!
416-222-8201
9am-12pm
Yonge/Finch

metro
Tell us how you really feel.
Join our online reader panel and help make your Metro even better. metronews.ca/panel

FINANCIAL

OVERWHELMED BY DEBT?
CALL THE Licensed Debt Professionals™
GET OUT OF DEBT!
- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, CPA, CA, CIRP, Trustee

FREE Consultation 310-9200
(NO AREA CODE NEEDED)
DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy
HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON
www.DavidSklar.com

CALL ERIKA
(LICENSED DEBT EXPERT)
STOP COLLECTION CALLS
GET DEBT RELIEF NOW!
Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.
1-877-332-8416
416-288-8048
Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)
Rusinek & Associates Inc Trustee in Bankruptcy www.rusinek.ca

TOO MANY BILLS... ...GET A FRESH START!

Bankruptcy • Proposals
Debt Counselling
416-740-5400
Toronto • Rexdale
Etobicoke • North York
Don Mills • Bloor West
Scarborough
KEVIN THATCHER & ASSOCIATES LTD.
TRUSTEE IN BANKRUPTCY
905-273-6300 Mississauga • Brampton
1-888-329-5198 www.billfixer.com
FREE CONSULTATIONS
EVENING APPOINTMENTS
FLEXIBLE PAYMENTS
Head Office: Rexdale, others non-resident

DEBT RELIEF
Are you drowning in debts?
I can help you...
- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions

NONA KUMAR
Estate Administrator
Credit Counsellor
Free Consultation: 416.455.7709
Evenings and weekends appointment also available
Rumanek & Co. Ltd. Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON. Offices in Scarborough & Mississauga.

MORTGAGE APPROVED!
- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-913-9593
WWW.HOMELANDMORTGAGE.ORG
Licence # 11551

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154
MORTGAGE GENIE
www.mortgagegenie.org
416-667-9834

HOME EQUITY LOANS

✔ Get CASH
✔ Pay off DEBT
✔ Pay Taxes!
1-844-416-CASH
MortgageStreet.ca
Mortgage Squad FSCO: Lic # 12136

LOWEST RATES for bad credit loans since 1984
What would you do with $20,000?
PFS
✓ College Tuition?
✓ Home Renovation?
✓ Wedding?
✓ Travel?
You decide.
Paid off car 6 years or newer?
Borrow up to $20,000 the same day!
416-634-2013 *Call for details and conditions
BorrowWithYourCar.com
A division of Prudent Financial Services

EDUCATION

BECOME AN IMMIGRATION CONSULTANT
(ICCRC ACCREDITED)
647.691.0899
AOLTORONTO.COM
Financial Assistance May Be Available To Those Who Qualify
The Academy of Learning Career & Business College (Bay/ Bloor) is registered under the PCC act 2005 and operated by 1389195 Ontario INC.

Active Career Advancement Project
Are you an internationally trained professional?
- Working 20 hours or more in a job which underutilizes your education and expertise?
- Seeking an alternative career relevant to your professional training?
- Residing in Canada more than 5 years?

Contact us for more information about the Active Career Advancement Project.
tel. 905.770.7040 ext. 232
www.acapcanada.ca acap.gta@success.bc.ca
Pathways to Possibilities Parcours Vers l'avenir

UP TO $1000 Loan
No credit checks
Paid over 3 to 5 months
No documents to return
Instant approval
1-800-NEW-CREDIT (639-2733)
Brokers Lamina

SaveTHOUSANDSand be debt FREE
MR Debt Solutions
416.424.1510
Up to 85% Debt Reduction
Pay ZERO INTEREST
* Home Service Available
* Credit Rebuild Program
* Free Credit Check
www.mrdebtsolutions.com

DIVORCE
Simple, in weeks*
- Debt collection/ Landlord Tenants
- Small Claims Court

416-880-4600
www.quickform.ca
* By Lawyer, conditions apply

Become a Physiotherapist Assistant In Months!

Financial Assistance May Be Available to Those Who Qualify
ANDERSON COLLEGE OF HEALTH, BUSINESS AND TECHNOLOGY
Downtown: 647.691.0901
North York: 647.360.2072
ANDERSONCOLLEGE.COM

RECIPE Apple, Cheese and Bacon Frittata

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Sweet apples, sharp cheese and some salty bacon together with eggs are all the reasons you need to make this easy frittata. You want another? You got it — it's a one pot star.

Ready in
Prep time: 10 minutes
Total time: 35 minutes
Serves 6

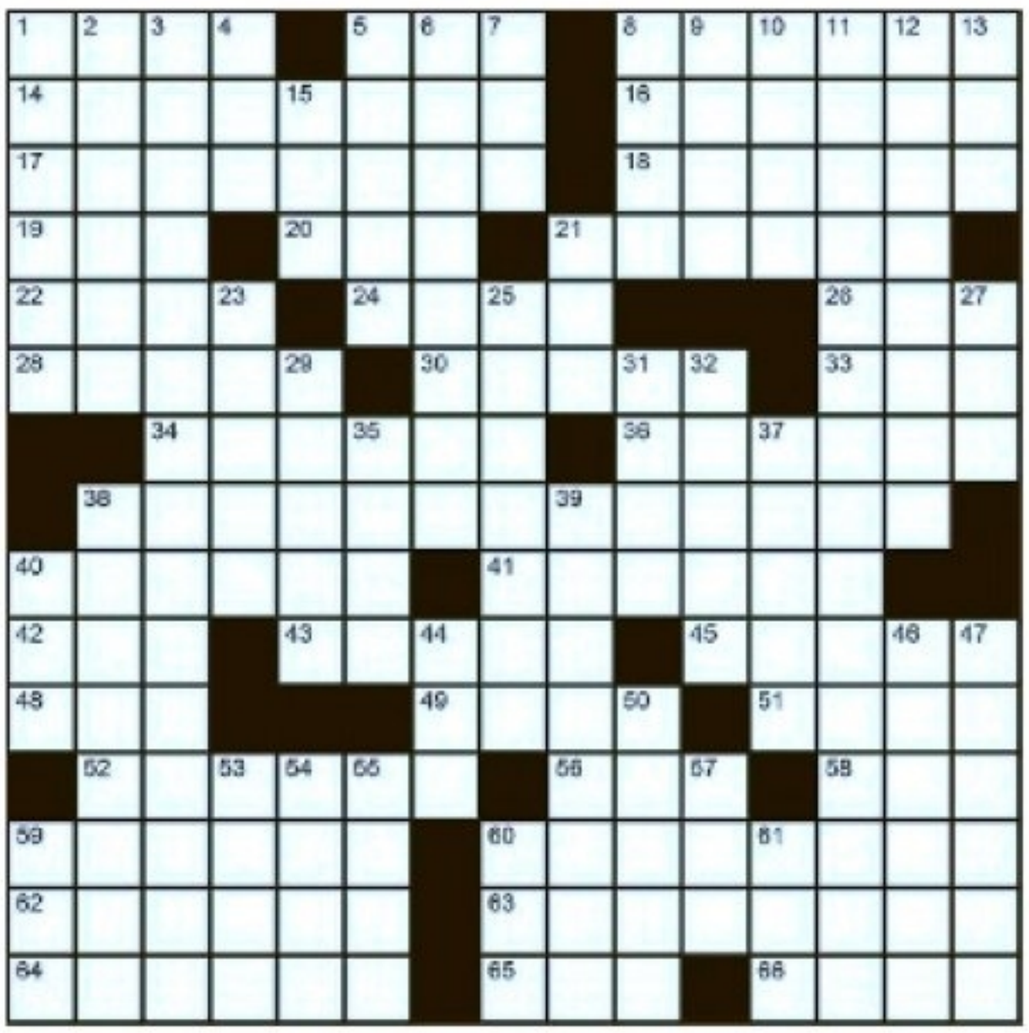
Ingredients
- 4 strips of bacon
- 8 eggs
- 1 cup grated cheddar cheese
- 1/3 cup grated Parmesan cheese
- 1 Tbsp butter
- 1 apple, peeled, cored and thinly sliced

Directions
1. Preheat the oven to 450 F.
2. In large, oven-safe skillet, sauté the bacon until crisp. Turn off the heat. Place bacon on a piece of paper towel to drain and wipe out skillet with another piece of paper towel.
3. Meanwhile, in a large bowl, whisk the eggs together. Add half of both cheeses to the eggs and whisk again.
4. Place the skillet back over medium heat and add butter. Swirl that around the pan. Pour the eggs into the pan. Allow to cook until the edges begin to set. Crumble the bacon and sprinkle it across the eggs. Lay down the slices of apple in a circular pattern. Sprinkle the rest of the cheese over the top.
5. Place in a hot oven for 15 to 20 minutes, until the top is puffy and just lightly set. Remove carefully and allow to cool for a couple of minutes before slicing.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "__ on My List" by Hall & Oates
5. Pro
8. Quebec pastry brand, maker of Ah Caramel!
14. "Love __" (2003)
16. Jane's "Ally McBeal" role
17. CAA service, __ assistance
18. Discarded
19. New Waver Adam
20. Theological sch.
21. P.E.I. produce product
22. Suit accessories
24. Couch
26. Clip-__ (Non-pierced earrings)
28. Do this with tickets outside the concert venue
30. __ prosequi (Not proceeding, in law)
33. Caviar
34. Kitchen gadget
36. Skiing sort
38. Donald Sutherland's role in the 1970 movie version of "M*A*S*H": 2 wds.
40. Trunks
41. Jan and Cindy's older sister
42. Be decisive
43. "Get My Dough" by __ Dean
45. Recites
48. Ring's sparkler
49. Poker stake
51. Scissors sound
52. The Earl of __ (Title for Queen Elizabeth's youngest son Prince Edward)
56. "__ Time" by Imagine Dragons
58. Eggs, fancy-style
59. Comics: Dennis the __
60. Someone succeeding
62. Director of #38-Across, Robert __
63. "City __" (1991) starring Billy Crystal
64. Mary-Kate and Ashley
65. Bench press muscle, commonly
66. "Would you like anything __?" (Is that all?)

DOWN
1. Gold measurements
2. Like a widely recognized symbol
3. In royal residence Windsor Castle, they include The Waterloo Chamber and The Grand Vestibule: 2 wds.
4. South: French
5. 1954 William Golding book, Lord of the __
6. Family's longstanding wealth: 2 wds.
7. Cereal grass
8. Nix
9. Commonly: 2 wds.
10. __ Loma, Toronto attraction
11. Lillian Ross book, Cougar's Crossing: A Canadian __ __ of Pioneer Adventure
12. 1983 Hall & Oates hit that starts "I'm tired of playing on the team...": 3 wds.
13. Mr. Beatty
15. Sure-footed mammal
21. Chum
23. Bunches
25. Factory crew bosses
27. The Supremes: "Come __ About Me"
29. Orange __ (Tea)
31. Den
32. Put into office
35. Minus meaning
37. __ open (Uses a crowbar)
38. New Brunswick attraction, __ Rocks
39. Speck
40. Clothe
44. Levy
46. Detoxifying organs
47. Scant
50. Strong work __
53. Equivalent
54. What an all-in-one printer can do
55. Poetic nights
57. [error left as is]
59. __ jacket (Suit part for a sixties band)
60. Pharaoh snake
61. Hawaii: __ Crater, in Maui

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't tell friends and relatives what they want to hear today – tell them what they need to hear. A large dose of reality is essential and a no-nonsense Aries like you is the best person to administer it.

Taurus April 21 - May 21
Don't get too caught up in the idea of winning and losing. Remind yourself what it means to enjoy the simple things in life, none of which require you to win a gold medal.

Gemini May 22 - June 21
Try something you have never tried before. Others may not approve but that will only make you even more determined to go through with it. You enjoy pushing limits.

Cancer June 22 - July 23
People are depending on you, so stay focused on what needs to be done. You won't have to do it alone: someone will offer to help you and together you can put things right.

Leo July 24 - Aug. 23
Others are making life difficult for you but you are also making life difficult for yourself. What happens in the world is largely a reflection of what goes on inside your head, so be positive and believe in success.

Virgo Aug. 24 - Sept. 23
Each time you have things worked out someone comes along and moves the goalposts or changes the rules but don't let it get to you. It is all part of life's rich tapestry.

Libra Sept. 24 - Oct. 23
Follow the rules. Yes, of course, you could do it better and in half the time but it's not your call to make. Play along for now — you'll get your chance to shine later.

Scorpio Oct. 24 - Nov. 22
Are you any closer to reaching the targets you set for yourself around the time of your last birthday? If not, it may be time to adjust your sights a bit. Remember, your goals don't have to be set in stone.

Sagittarius Nov. 23 - Dec. 21
Someone will let you down today and you won't be too happy about it. But don't let it bother you too much because it is a blessing in disguise. You can do a lot better without them.

Capricorn Dec. 22 - Jan. 20
Push worries to the back of your mind and resolve to have fun. The Sun in Pisces brings social and travel opportunities aplenty, so there is no excuse why you should be stuck at home in a bad mood.

Aquarius Jan. 21 - Feb. 19
Don't feel bad if you haven't yet accomplished all you set out to do. There's no time limit to your ambitions and you've done a great deal already, more than others expected.

Pisces Feb. 20 - March 20
Forget about what might have been and focus on what can still be done. Take each day as it comes. There is already a plan guiding your life — all you have to do is follow it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		7	8	6		3		
2				5				1
	9						4	
								2
8	7						3	4
5								
	8						9	
1				7				5
		2		9	4	7		

© Conceptis Puzzles, Inc. by King Features Syndicate, Inc.

EMPLOYMENT

Mannarich Food Inc.
Business Development Position.
Mannarich Food Inc.
In Markham
Multilingual needed.
Starts ASAP.
Apply at info@mannarich.com

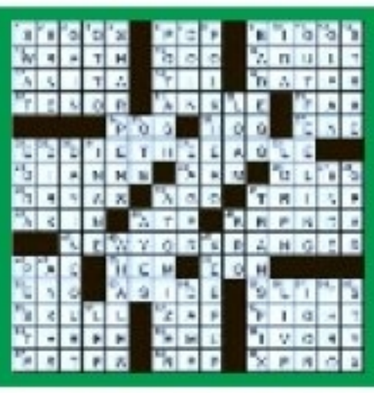
Invest In Your Future !
97% SUCCESS RATE
WE PROVIDE:
• Resume and Cover Letter Writing
• One-on-one Interview Coaching
• Job Searching
• Career Counselling
(416) 752-0707
www.resumesforsuccess.ca

Place your Recruitment Ad with Us!
To place your recruitment ad with us please email Graham Goddard at graham.goddard@metromediasales.com
metro

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



1	5	2	4	9	6	8	3	7
7	4	3	5	8	2	6	9	1
8	6	9	7	1	3	2	4	5
2	8	4	3	7	5	1	6	9
3	9	7	6	2	1	4	5	8
6	1	5	9	4	8	3	7	2
5	3	1	2	6	7	9	8	4
9	7	8	1	3	4	5	2	6
4	2	6	8	5	9	7	1	3

PUT THE COLD ON HOLD BY VISITING NIAGARA THIS MARCH BREAK

It's a great way for your family to experience the big thrills of **over 250,000 square feet of indoor waterparks,** the bright lights and year-round excitement of **Clifton Hill,** plus so much more. Join thousands of travellers ready to enjoy the advantages of all-season fun with a refreshing mini-break everyone will be talking about for winters to come.

WINTER IN Niagara CANADA. THE OTHER BEST TIME TO VISIT.

visitniagaracanada.com/family

metro SPORTS

Yoenis Cespedes and **Noah Syndergaard** went back in time Tuesday as they rode horses to Mets camp

Dealing from both sides

SPRING TRAINING

Ambidextrous reliever has ambitions to crack Jays 'pen

Few active baseball players have official rules named after them.

A Blue Jays reliever who can throw with his left and right arm inspired the creation of the Pat Venditte rule in 2008. According to the rule, an ambidextrous pitcher must visually indicate which arm he'll use before facing a switch-hitter, who can then decide which side of the plate he'll bat from.

The 30-year-old Venditte, who was claimed off waivers by Toronto from the Oakland Athletics in the off-season, still laughs when he thinks about being the rule's muse during his first year in the pros. He doesn't put much stock into it though.

"Yeah, it's something," Venditte said with a chuckle at Florida Auto Exchange Stadium. "People think it's cool but being here pitching at this level is far cooler than having a rule named after you."

A natural right-hander, Venditte started throwing with his left arm at age three at his father's behest. It wasn't until his junior year at Creighton University, however, that he really began seeing results.

"It's still a work in progress," Venditte said.

It's not without its quirks.

Venditte's bullpen sessions last twice as long as he alternates arms to mimic real game situations. He also keeps three custom-made gloves on the top shelf of his locker with plenty more in reserve.

Each glove has six fingers — two thumb slots with the pocket in the middle — so he can use it regardless of which hand he's pitching with.

"It's a little wider than most, but for me it functions as a regular glove," Venditte said.

The peculiar hardware has drawn interest from his teammates, including right-hander Marcus Stroman, who tested the glove out at last week.

"Yeah, it definitely felt weird," Stroman said. "But it was awesome. It's so cool to have that guy in my (bullpen) group and see him work. That's a completely unique talent on its own.

One of Pat Venditte's six-fingered gloves
FRANK GUNN/THE CANADIAN PRESS

"I've 100 per cent never seen anything like it," Stroman added. "It still makes me laugh every time I see it."

Selected by the New York Yankees in the 20th round of the 2008 draft, the Omaha native made his MLB debut with Oakland last June but landed on the 15-day disabled list with a right shoulder strain five days later.

Rather than rely on his left arm while the right was injured, both he and the A's decided the DL was a better option.

"When you pitch in a game, just because you're using your left hand there's still a lot of movements that go on with your right," Venditte said. "It would be hard for it to properly heal."

He finished the season 2-2 with a 4.40 earned-run average through just 28-2/3 innings but had a 1.55 ERA with 40 strikeouts through 40-2/3 innings at triple-A.

Venditte, who throws a low-to-mid 80's fastball, a slider and a change-up with his left hand, has had more success from that side. Last season he held the 48 left-handed hitters he faced to a .116 batting average.

In his first spring training game on Monday Venditte faced five batters, switching from right to left for each, in an inning of intrasquad play. He gave up a two-out walk and a hit and struck out the final batter he faced.

While few spots are up for grabs in the Toronto bullpen, manager John Gibbons is intrigued by Venditte's versatility.

"Shoot, it's a great story," said Gibbons. "If it works and he happens to be on the team he gives us a lot of flexibility."

Venditte is just hoping for a solid spring training. The rest is out of his hands.

"My goal is to leave a good impression," he said. "Take advantage of this opportunity and wherever I am to start the year, that's where I'll be.

"I want to show them that I can help them — if not in the beginning of the season, hopefully at some point throughout the year." THE CANADIAN PRESS

Pat Venditte is drawing attention in Dunedin, Fla., with his two-armed approach.
STEVE RUSSELL/TORSTAR NEWS SERVICE; PHOTO ILLUSTRATION

Marcus Stroman throws against the Phillies on Tuesday.
FRANK GUNN/THE CANADIAN PRESS

Stroman feeling 'strong'

Marcus Stroman got his wish to be challenged in his first spring-training outing.

The Toronto starter allowed two runs on three consecutive two-out singles during his second inning of work Tuesday as the Blue Jays beat the Philadelphia Phillies 5-3 in the first spring-training game for both teams.

"I want to face a little adversity like I did today," Stroman said. "(I want to) get guys on, have to pitch with guys on the corners like I did."

Stroman is no stranger to adversity. After tearing his ACL in spring training a year ago, Stroman battled back to feature in Toronto's playoff run.

Those days are over.

"No brace, I don't even know where it is anymore," Stroman said. "I'm good, I'm strong.

"I'm ready to rock."

Stroman threw 33 pitches, 23 for strikes. THE CANADIAN PRESS

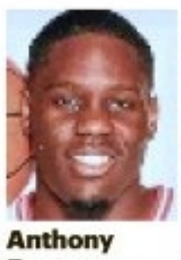
NBA

Bennett's time with Raptors short lived

Anthony Bennett's homecoming turned out to be the wrong place at the wrong time.

Bennett was a Toronto Raptor for all of five months before the team waived him Tuesday, sending the 2013 No. 1 overall pick out into the NBA wild. The Raptors signed forward Jason Thompson, a 29-year-old, eight-year NBA vet, who was waived by the Golden State Warriors last Monday.

"It's not anything ... Anthony did wrong," Raptors general manager Masai Ujiri said. "I probably put him in a tough situation. I feel he needs to be somewhere where he can play. "



Anthony Bennett
GETTY IMAGES

Bennett played in 19 games for the Raptors this season, logging just 84 minutes. He averaged 1.5 points and 0.9 rebounds. TORSTAR NEWS SERVICE

IN BRIEF

MLB assesses Chapman a 30-game suspension
New York Yankees closer Aroldis Chapman has agreed to accept a 30-game suspension under Major League Baseball's domestic violence policy, a penalty stemming from an incident with his girlfriend last October.

Under the discipline announced Tuesday, Chapman will serve the penalty from the start of the season in April. He will lose 30 days of pay.
THE ASSOCIATED PRESS

Getzlaf gets last laugh in Feb.
Forwards Ryan Getzlaf of the Anaheim Ducks, Alex Ovechkin of the Washington Capitals and Filip Forsberg of the Nashville Predators were named the NHL's three stars for February on Tuesday.

The first star Getzlaf had six goals, 14 assists and a plus-13 rating, Ovechkin earned second star with 12 goals in 13 games and Forsberg took third-star honours with 12 goals in 13 games. THE CANADIAN PRESS

NFL

Mario Williams released by the Bills

High-priced defensive end Mario Williams is out in Buffalo, while the Bills aren't giving up on re-signing left tackle Cordy Glenn.

The Bills released Williams and retained the rights to Glenn by designating him their franchise player on Tuesday in a series of moves made a week before the NFL's free-agency period opens.

14.5
Williams' highest sack total in a season (2014).

Neither move was a surprise.

By releasing Williams, the salary cap-strapped Bills freed up nearly $13 million in payroll next season. He had two years left on the six-year, $100-million contract.

The $13.7-million franchise designation is essentially a one-year contract offer which Glenn can sign or negotiate a longer-term deal with Buffalo.
THE ASSOCIATED PRESS